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UN predicts 210 million unemployed

CRISIS The global financial crisis will raise world unemployment to 210 million people by the end of next year, its highest rate in the past decade, the UN labour agency said yesterday. That new figure will include at least 20 million who lose their jobs between now and the end of 2009, said officials of the International Labour Organization. That will be the first time in a decade of record keeping that the global total has been above 200 million people, said officials of the International Labour Organization.

THE ASSOCIATED PRESS

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Lawrence Martin on Dion's call

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Breast cancer myths busted

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Fashion icon Blackwell dies

Small Biz pg 12

Truth about start-ups

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NATHAN DENETTE/THE CANADIAN PRESS

Fashion Week
Spring has Sung

A model walks the runway for the Alfred Sung show during L'Oreal Fashion Week Spring Collections 2009 yesterday in Toronto. **More fashion coverage, pg. 8, 33**

It's time to bow out, Dion says

"I failed." With those words, Stéphane Dion gave up the Liberal leadership, a prize hard-won less than two years ago and lost in the wake of the worst election results for the party in 20 years.

"The past is the past. I wish I would have succeeded. ... we need to accept in democracy the result and to move on."
Stéphane Dion

Dion, who had been in seclusion since the Oct. 14 election that cost the Liberals 19 seats, was at times reflective, defiant and even a little emotional as he told a news conference yesterday about his decision to step aside.

"In my consultations it became very clear that in the door-to-door (election) canvassing, my colleagues, my friends were told 'We don't like your leader,' " Dion said bluntly.

"The past is the past. I wish I would have succeeded. … we need to accept in democracy the result and to move on," Dion said.

Dion said he would remain leader until a replacement is chosen, which may not happen until a party convention scheduled for May.

Dion, a former academic who defied expectations and seized the party's leadership in December 2006, says his election hopes were sunk by the Conservatives' "massive" advertising onslaught against him personally and against his carbon-tax-based Green Shift environmental policy.

The former professor warned that unless the Liberals bring their fundraising efforts into the "21st century" so they can fight back with their own big-ticket ads, they will be stuck at a "permanent political disadvantage."

Dion's decision sets in motion another leadership contest for the Liberals. Expected contenders such as Toronto MPs Bob Rae and Michael Ignatieff — who lost to Dion in the last race — paid tribute to him yesterday but were mum on their own political aspirations.

TORSTAR NEWS SERVICE

T.O. ranks high on cultural hotspot list

Toronto ranks as the world's fourth best city to experience culture, behind only London, Paris and New York, a new study on globalization has found.

Washington, D.C.-based Foreign Policy magazine's inaugural Global Cities Index, in the November/December issue, assesses 60 urban areas around the globe in five broad categories: business, human capital, culture, global political influence, and the centrality of the city to global information flows.

The "cultural experience" category counts cities' international sporting events and international travellers, and assesses their restaurants, museums and performing arts.

Toronto received praise for the quality and cosmopolitan nature of its cuisine — 94 per cent of our top restaurants are "international," according to the survey — and the city's place in the North American touring circuit.

The survey's data also cites Massey and Roy Thompson halls and the Toronto Symphony Orchestra.

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Fourteen-year-old accused of stealing minivan, driving drunk
A 14-year-old from Whitby is accused of stealing a minivan, driving it drunk with a 13-year-old boy beside him, trying to outrun police and smashing the vehicle into a fence on Saturday. TORSTAR NEWS SERVICE

Local

Plan for new courtrooms

Opening four new Toronto courtrooms to address a massive backlog of trial dates for $30 parking tickets could help bring in $4.4 million a year in fines, says a staff report to be discussed at city hall today. That will come at an operating cost of $3.7 million, which includes leasing space on the ground floor of 481 University Ave., where Toronto Court Services has its administrative offices. TORSTAR NEWS SERVICE

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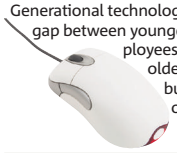
Tomorrow's Metro

Workology

Generational technological gap between younger employees and older small business owners.



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These results are not official.

News in brief

SHOT Two men were shot several times Sunday night in the Jane Street and Falstaff Avenue area, police said. They suffered serious but not life-threatening injuries. TORSTAR NEWS SERVICE

Crown says man lied to partners

The unprecedented murder trial of a man accused of having unprotected sex with numerous women despite knowing he carried the virus that can lead to AIDS began yesterday with the prosecution saying he lied to his partners about his health status.

Johnson Aziga, 52, of Hamilton, faces two counts of first-degree murder because two of his girlfriends died of what the Crown says were HIV-related cancers, along with 11 counts of aggravated sexual assault.

Prosecutor Tim Power said in his opening statement that Aziga put his partners at risk of serious bodily harm without their knowing, even having sex with one woman on the morning of his arrest in August 2003.

Seven of his 11 partners tested positive for HIV, including the two who died.

Aziga sat between his two lawyers during the proceedings, listening intently and taking notes.

Aziga's lawyers said they plan to challenge "each and every aspect" of the Crown's case during a trial they anticipate could last more than six weeks.

"We are sorry for the families," Davies Bagambire said outside court. "(But) we do not believe it can be shown beyond a reasonable doubt that the deaths emanated from the HIV virus." THE CANADIAN PRESS

AIDS activists' views

- The United Nations AIDS program and AIDS activists oppose criminal prosecutions, arguing they unfairly stigmatize HIV carriers and rely on faulty assumptions about transmission and risks.

Raid on club nets haul of street drugs

CRIME Early yesterday morning the Emergency Task Force was called out to Club 338, a nightspot on Adelaide Street West, and two homes up the street.

Taking 26 people into custody and holding 300 others temporarily, they busted up an alleged drug operation, selling methamphetamine-laced ecstasy to customers as young as 19 and as old as 50.

Yesterday's drug bust sought to dismantle an operation where dealers would peddle drugs at Club 338, going to the two nearby homes when they needed to replenish their stash.

Cash, drugs, including street drug GHB, marijuana, ketamine, ecstasy and crystal meth, were seized in the raids. TORSTAR NEWS SERVICE

Trash talk **Muppet takes a stand on recycling**

SAUL PORTO/TORSTAR NEWS

Oscar the Grouch appears on ETalk with host Ben Mulroney to promote Waste Reduction Week, which runs until Oct. 25. Sesame Street's resident trash collector is the spokesmuppet for the eighth annual campaign to raise awareness on how to reduce, reuse and recycle.

Toddler dies in driveway accident

Just days after bringing a little girl into the world, a Thornhill couple began to mourn the loss of her 2-year-old brother, struck by his father's BMW as he backed out of the driveway on Sunday night.

Around 6 p.m. the toddler was rushed to the Hospital for Sick Children in Toronto with serious head injuries and remained in critical condition overnight.

Around 8 a.m. yesterday, he died.

Neighbours said the Korean family was one of the only non-Jewish families in the neighbourhood, and had only moved in a few months before. TORSTAR NEWS SERVICE

Kids

- There are about 2,400 child pedestrian incidents in Canada each year, and about 30 of those are fatal, said Denyse Boxell, a spokesperson for Safe Kids Canada, an initiative launched by the Hospital for Sick Children.

Land transfer fees likely to fall short of target

Toronto's new land transfer tax isn't quite the solution to the city's budget crisis it was touted to be.

The city had projected it would collect about $155 million in 2008, already less than the $300 million per year mentioned in the original pitch. But the first five months of the tax, starting Feb. 1, actually brought in only $54.8 million.

The official line is that the tax is still on-target for this year.

But that would require collecting $100 million in six months, which would seem impossible given the declining housing market and the fact that the top sales months are already past. TORSTAR NEWS SERVICE

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Man charged for alleged death threat to MP

A Toronto man has been charged with uttering a death threat against newly re-elected Brampton-Springdale MP Ruby Dhalla, police said yesterday. Gabriel George, 20, faces the charge. TORSTAR NEWS SERVICE

Future state of the Union

InTransit

Ed Drass
transit@eddrass.com

More changes are coming to Union Station — beyond the recent renumbering of train platforms. Most riders appeared to accept the new track designations without fuss two weeks ago, and it will be a wonder if future improvements go as smoothly.

The challenges in modernizing Canada's busiest transport hub involve not merely accommodating millions of passengers throughout many construction phases, but ensuring the key players stay in sync.

GO Transit is heading efforts to upgrade the platforms in Union's historic train shed, starting with tracks at the south end of the station. GO has also contracted several of the GTA's biggest planning and design firms to incorporate a large glass atrium into the middle of the dingy, crumbling shed.

The City of Toronto, which owns the station building, is poised to lease several floors of offices in the underused "west wing" and city council may soon decide on plans for additional passenger waiting halls and a new retail level beneath the station.

The TTC is inching closer to actually building a second subway platform — officially proposed a decade ago — as well as a proper terminus for future light rail lines. The underground streetcar facility has been plagued with problems for a long time.

All these efforts have to be co-ordinated, and a lot of money must be wrung from governments — something that has proven tough even during the good economic times of the recent past. Costs increased as various designs were co-ordinated and engineers discovered exactly how tricky some of the subterranean work will be.

Originally slated to cost around $58 million, the TTC has been planning to double the capacity of Union subway station by inserting an entirely new platform south of the existing tracks. The price was then upped to $90 million after a detailed study and likely won't happen before 2010. The updated price could be $137 million, not including fire ventilation work — an unanticipated expense that has further delayed the project.

It's an open question whether our governments can properly fund all these overdue renovations — many of which precede the $50-billion Regional Transportation Plan, unveiled by Metrolinx just before the worldwide financial upheaval.

I wish I could say the websites detailing Union Station changes were kept up to date, but perhaps officials will see this article and add fresh content, including images of the proposed glass atrium. Try the gotransit.com/unionstationrenewal and toronto.ca/union_station websites.

Visit metronews.ca/intransit to comment on this column.

Used by millions

- 65 million GO, TTC and VIA passengers use the Union Station hub annually, as of 2007.
- 31 million passengers used Pearson International Airport in 2007.

Quick Tip

Q: Where are tracks 1 and 2? The subway?

Tip: Yes, the platforms in Union train station start at 3, which allows the existing and future TTC subway platforms to have the first two numbers. No word yet on how the streetcar loop will be designated.

Ed Drass has a degree in urban studies from York University and regularly rides transit in the GTA.

New home, trip in cards for $5M lottery winner

A cottage in the country, a new car, a trip to Ireland to renew their vows: Paul and Cheryl Jaques have a million ideas — $5 million to be exact — for how to spend their Super 7 winnings, but "investing" isn't one of them.

"Not in today's economy," Paul Jaques, 41, joked.

The money means his family, which includes Jaques's 19-year-old son Dustin, will never have to worry again, he said. And Jaques, who was forced to quit his job as a machine operator five years ago because of chronic pain from a car accident at age 20, will be able to continue the costly physiotherapy that makes his pain manageable.

The couple, who've been married three years, looked like newlyweds yesterday as they accepted their cheque. They plan to pay off their debt, buy a country home, and renew their vows in an Irish castle, said Jaques.

"I don't think it really has sunk in yet," he said. "It's just a great feeling ... to have some security."

HANDOUT/TORSTAR NEWS SERVICE

Paul Jaques

TORSTAR NEWS SERVICE

News in brief

UNION Durham Regional Police kicked off Phase 2 of their job action yesterday by saying they would be handing out fewer tickets in an attempt to cut that source of municipal revenue. The decision was made after the union and police board failed to reach a collective bargaining agreement on the weekend. The force's 300 civilian members will also be wearing jeans to work this week. TORSTAR NEWS SERVICE

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Police seize weapons in raid
Officers from Durham's gang enforcement unit raided a home in Oshawa on the weekend, seizing rifles, shotguns, crossbows and several edged weapons, some of them found inside ductwork. TORSTAR NEWS SERVICE

City to water down plan for local food

CARE A grand plan to buy more locally grown food for city-run daycares, shelters and long-term care homes has been significantly scaled back to just 37 child care centres.

Toronto's government management committee today will consider a proposal for an extra $15,000 next year to buy tomatoes, cucumbers, peppers and lettuce that are grown in Ontario but are more expensive at certain times of the year.

The original plan, which called for adding $100,000 to an $11 million food budget to buy more locally produced food, was deferred last spring.

Buying more local food is a major part of the city's climate-change policy, adopted unanimously in 2007, on the grounds that greenhouse-gas emissions are reduced if food is shipped shorter distances.

But Councillor Gord Perks said the city has learned it's not easy for institutional purchasers to determine where food is grown.

"We want to create a system where you actually know how the food got there," he said, said Perks, who is now arguing for a phased-in program.

For example, a can of tomatoes might contain Ontario produce one week, but not the next. Pre-made soup might contain locally grown carrots or, sometimes, imported vegetables.

Of the city's 57 child care centres, the plan would involve the 37 that serve food prepared on site.

TORSTAR NEWS SERVICE

Food for thought

- Twenty per cent, or $260,000, of the $1.3 million food budget is already used to buy locally produced items, including dairy, eggs and meat.
- A further 22 per cent of the budget is allocated for products that aren't grown in Ontario, such as rice, bananas and oranges.

Raw milk farmer defiant

York region man says his illegal product will continue to flow

Soon after dairy farmer Michael Schmidt was found in contempt of court yesterday for distributing raw milk, he joined supporters in a toast outside the Newmarket courtroom.

The glasses were filled with fresh, creamy, unpasteurized milk.

"Here's to the real milk," said Judith McGill, one of a dozen on hand to support the farmer at his first of two trials focused on raw milk distribution.

"Here's to everybody," said Schmidt, taking a sip of the liquid pumped at his farm that morning.

"We will continue with what we're doing," he said, when asked about his next step.

Last month Schmidt went on trial after the Region of York filed a contempt charge against him for failing to obey a May 2007 court order not to distribute raw milk within its borders.

Schmidt runs a co-operative venture near Owen Sound with about 150 cow-share members. He said he does not sell or distribute, but simply provides the raw milk to the cows' owners, who pay to board the 300 cows at his farm.

"It's not the milk. It's the principle that people need to make the decision what they put in their bodies."
Dairy farmer Michael Schmidt

The sale of untreated milk is illegal across Canada. Health officials say it carries the risk of salmonella, E. coli and Listeria monocytogenes.

Justice R. Cary Boswell found Schmidt in contempt, but reserved sentencing for a later date.

In his decision, Boswell said his ruling was not on whether people have the right to consume raw milk, but whether Schmidt intentionally defied the court order to stop selling it.

Dan Kuzmyk, lawyer for the region, suggested a $5,000 fine and payment of the region's $53,000 legal bill.

"I think that Mr. Schmidt should be given the opportunity to purge his contempt," said Kuzmyk.

Failing that, "If he doesn't purge his contempt, then I think he should go to jail.

"We asked specifically that the court consider incarcerating him for four to six months.

"(But) in the meantime, give him a chance to comply to the order, to think about that, to get legal counsel ... and then if he continues, he should go to jail," he said.

Schmidt had represented himself in the three-day hearing in September.

The farmer said he was willing to bear whatever punishment gets imposed on him, including jail time — challenging the judge to impart "the highest penalty you can find."

"I'm prepared to pay any amount," said Schmidt.

"But it's ridiculous people in this country can't decide what they want to drink and eat," he said.

In court, after Boswell rendered his decision, Schmidt spoke out in support of raw milk, likening his movement to that of Mahatma Gandhi and civil rights activist Martin Luther King.

"It's not the milk. It's the principle that people need to make the decision what they put in their bodies.

"When government tells them what they are allowed to eat or not eat, that's a very sacred thing," said Schmidt, elaborating outside the courtroom.

Schmidt says he'll await sentencing on yesterday's verdict. He said he plans to appeal the decision.

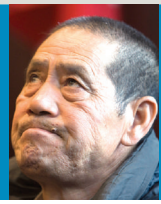
In the meantime, he vowed to keep the raw milk flowing on his farm.

TORSTAR NEWS SERVICE

Technical glitch slows Air Canada

Air Canada experienced a two-hour technical problem yesterday that affected the airline's reservation system across the country and slowed the boarding process for travellers. Some flights were delayed and four short-haul flights were cancelled. THE CANADIAN PRESS

Canada



Demanding answers

Zisheng Zhao, left, father of murder victim Amanda Zhao, held a news conference yesterday in Vancouver. Zhao and his wife, in Canada for two weeks, are seeking justice from the Canadian government, six years after the unsolved murder of their daughter near a Fraser Valley lake.

THE CANADIAN PRESS

Premier prepares province for future 'acceptable deficit'

Ontario will run a "temporary" budget deficit to protect social services and preserve infrastructure spending, Premier Dalton McGuinty says.

McGuinty, in Montreal for a one-day meeting on the economy with Canada's provincial and territorial leaders, conceded that tomorrow's fall economic statement by Finance Minister Dwight Duncan would be awash in red ink.

"The advice that I've given to Dwight is 'don't run a deficit unless it would mean that we would cause further harm to our economy and unless it would mean that we're going to cut back on public services,'" the premier told reporters yesterday.

"We've got 200,000 people who lost their job, so now I'm going to shut down their hospitals? It doesn't make any sense."
Premier Dalton McGuinty

"We've got 200,000 people who lost their job, so now I'm going to shut down their hospitals? It doesn't make any sense," McGuinty said.

"Or cancel infrastructure programs that are an economic stimulus and that employ people?" he said.

"It's accompanied by a plan that has you getting yourself out of a deficit position then that's more of an acceptable deficit."

Ontario has had three straight balanced budgets since 2005-06 after McGuinty's Liberals inherited a surprise $5.6 billion shortfall from Progressive Conservative premier Ernie Eves.

They were then forced into deficit in 2003-04 and 2004-05.

"You get yourself into trouble if you have an ideological aversion to deficits. You don't embrace deficits but … let's be practical here.

The choice is you cut programs, you can raise taxes or you run deficits," the premier said.

McGuinty said he hoped Prime Minister Stephen Harper and Finance Minister Jim Flaherty resist any "ideological slavishness" to balancing their books at all costs — on the backs of the provinces.

TORSTAR NEWS SERVICE

Income gap widening in Canada, report says

Poverty and inequality rates in Canada have been on the rise since 1995 and are now higher than the average developed nation, according to a new study.

The income gap is growing throughout the developed world, but the gap between the rich and poor in Canada widened more dramatically than in most countries between 1995 and 2005, according to the report released in Paris today.

The 20-year analysis by the 30-member Organization for Economic Development and Co-operation found only Germany saw a similar rate of increase during the past 10 years.

"After 20 years of continuous decline, both inequality and poverty rates (in Canada) have increased rapidly in the past 10 years, now reaching levels above the OECD average," says the report, called entitled "Growing Unequal? Income Distribution and Poverty in OECD Countries."

The good news

- Fewer households struggle to buy basic goods and decent housing than those in other countries.
- Social mobility – the chance that children of poor parents can become rich – is higher in Canada than other countries.

As in other countries, more single-parent households and people living alone are contributing to income inequality in Canada.

And wages for the rich are increasing, while they have been stagnating or dropping for middle and lower income workers, the report says.

Most affected have been young adults and families with children who have seen increasing poverty in most OECD countries while poverty has decreased among the elderly.

TORSTAR NEWS SERVICE

News in brief

TORTURE A federal inquiry is getting ready to go public with its findings on the ordeal of three Arab-Canadians who say they were tortured abroad with the connivance of authorities in Ottawa. The report by former Supreme Court judge Frank Iacobucci was handed to the Conservative government yesterday, some 22 months after the probe began.

ENERGY The International Energy Agency says countries aren't doing enough to develop and deploy systems that capture and store carbon dioxide emissions from power plants, even though such technologies are considered crucial in the battle against climate change. METRO NEWS SERVICES

St. Catharines **Swan rescue**

NEWS CANADA/THE CANADIAN PRESS

Lincoln County Humane Society agents Irene Mourik, left, and Marilyn Norton carry an injured swan brought to the shelter yesterday from Thorold, Ont., about 10 kms south of St. Catharines. The bird fell into a marsh after flying into a power line, and escaped with only minor injuries.

Ex-PM honoured at dinner

TRIBUTE Premier Dalton McGuinty threw a dinner for former prime minister John Turner last night, but it didn't come easily.

Turner balked at the idea despite connections with McGuinty that go back to the 1960s when the premier's father was the president of Turner's Liberal riding association.

"He said that he prefered to be roasted and that the proceeds from tonight go to his favourite causes," McGuinty told a crowd of over 550. "I won't be roasting John, not only out of respect but because Scotch is highly flammable," the premier quipped to hearty laughter.

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Police investigating arson at McMaster residence
Police in Hamilton are investigating an elevator fire in a residence at McMaster University as arson. THE CANADIAN PRESS

E. coli fallout continues

John Baker has lost a lot as a result of a local E. coli outbreak: two-thirds of three weeks' pay, about 30 pounds, and a good deal of blood.

"I had estimated I had lost two quarts of blood ... I was in and out of consciousness," said Baker, who started showing symptoms on Oct. 8, two days after he ate at a Harvey's in North Bay, Ont.

The restaurant has since been identified as the source of an outbreak that sickened more than 140 people, with the majority of cases in North Bay.

By the end of the weekend there were 159 cases reported, but that number has dropped to 141 cases of E. coli 0157:H7, which have been linked back to the Harvey's outbreak.

Dr. Catherine Whiting, the North Bay area's health officer, said yesterday that the outbreak is slowing, but she still expects new cases because the incubation period for E. coli can be up to 10 days, and secondary cases may occur.

The outbreak's cause has yet to be identified.

TORSTAR NEWS SERVICE

GRAHAM HUGHES/DAVE THOMSON/THE CANADIAN PRESS

An honour guard leads the funeral procession of Ben Weider, pictured at right in a 1998 photo, in Montreal yesterday.

Mourners remember Weider

FAREWELL Philanthropist Ben Weider, known for bringing legitimacy to the world of bodybuilding and having an insatiable interest in Napoleon, was remembered yesterday as a kind, generous soul.

Hundreds of mourners packed a funeral home to bid a final farewell to Weider, who died unexpectedly on Friday at the age of 85. THE CANADIAN PRESS

Blinding of pilots by lasers on rise

MYSTERY The number of pilots being blinded by lasers while attempting to land in the GTA is on the rise.

By March 5, five pilots attempting to land at airports in the GTA had complained to Transport Canada about someone on the ground shining a laser at their planes and flashing the pilots in the eye. Since then, 15 more pilots have complained.

Peel Regional Police say the incidents appear randomly planned. No laser-related arrests have been made in the GTA.

TORSTAR NEWS SERVICE

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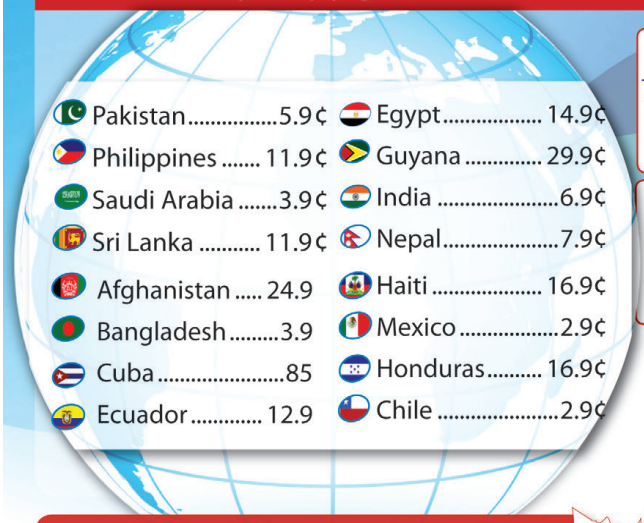

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Comment & Views

Comment

Dion deserves more time

National**Report**

Stéphane Dion made a smart move yesterday — at least from his own point of view. Step down, yes. But not now.

Being the bizarre game that it is, politics produces many unpredictable twists. Minority governments can fall — quickly and unexpectedly. Remember Joe Clark's in 1979?

Staying on gives the Liberal leader that remote possibility — another election. It gives him an opportunity, with an honourable performance over the next seven months, to improve his image.

The Liberals didn't have anyone in the wings who would have been an impressive interim leader. Paul Martin stepped down right away after being defeated in the 2006 campaign — and now regrets having done so. There was no hurry. His party would have fared much better in the interim under Mr. Martin than it did under Bill Graham.

Given his weak performance as captain of the team, Mr. Dion deserves much of the criticism he has received. But by historical standards, he deserves a little more time. Lester Pearson suffered a worse thrashing than him in the 1958 campaign. John Turner did worse in the 1984 campaign. And both stayed on.

Mr. Dion should be reminding everyone of something. The Conservatives won only a minority. They were supposed to do better than that. John Diefenbaker and Brian Mulroney won landslides against Mr. Pearson and Mr. Turner.

Mr. Dion's problem is that he has no palace guard. Most of the top players in the party want his job.

Mr. Dion's problem is that he has no palace guard. Most of the top players in the party want his job. It's been an added problem ever since he took the reins.

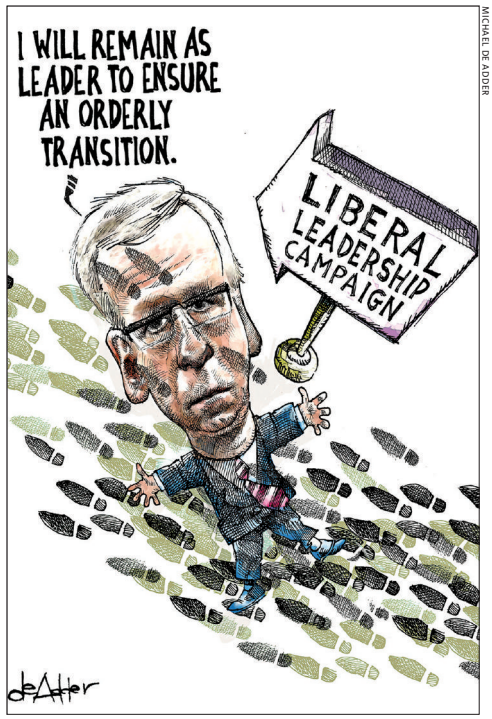
Now all hell will break loose in the party in the scramble to succeed him. Bob Rae and Michael Ignatieff start way out in front. They are both quality candidates.

Some want Frank McKenna to make a political comeback, but he would be wise to stay on the sidelines. He has been out of politics for more than a decade and is rusty. He has no experience at the federal level. His French is far worse than Mr. Rae's and Mr. Ignatieff's and he is not as articulate as they are in English either.

Some are promoting Ontario Premier Dalton McGuinty. He's a good premier but he's got about as much charisma as Stéphane Dion.

In Mr. Rae and Mr. Ignatieff the Liberals have two compelling candidates. Had they picked one of them the first time round they wouldn't have been in the predicament they find themselves in now. One of them might have been prime minister today.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

World's not just a stage, it's a catwalk

By DAVID DIXON
Canadian Designer, David Dixon Label

Appraising my 2009 spring collection at its Canadian debut today at L'Oreal Fashion Week, thoughts of what should go with what, and whether the collection will be "runway ready" overwhelmed me!

However, the non-"follower of fashion," might question the relevance of those concerns — not to mention the months of preparation — for a brief 15-minute presentation.

Is fashion relevant? In short, yes. Fashion is more than about the right dress or the next big thing, it's a direct reflection of our times as well as our own self-expression. Fashion is a part of our culture and gives us markers for historical reference. No one can look back at the whimsical '50s without a nod to the poodle skirt — and its influence on fashion. In fact each passing decade has a "look" that clearly depicts those times.

On the runway

- The David Dixon collection will be presented tonight at 9 p.m. at Nathan Phillips Square in Toronto. See page 33 for a schedule of today's runway shows.

Whether we admit to it or not, we wear clothes as armour and uniform. The clothes we put on our body are an outward expression of who we are and how we feel at the moment — or, sometimes, simply a way of "fitting in."

Fashion can be perceived as a confidence booster at a time of uncertainty — both culturally and economically. Ironically, when big businesses are slimming down or "rightsizing" or laying off, it is often the well-coiffed and well-dressed who are last to be laid off. Why? Perhaps it is that they are perceived as a stronger commodity to the organization.

KEITH BEATY/TORSTAR NEWS SERVICE

Fashion designer David Dixon shares the spotlight with models at a show earlier this year in Toronto.

As a culture, we have adopted a fascination with people and the way they dress, especially celebrities. Why? Is it really going to make a difference in our lives if Angelina Jolie is wearing Jill St. John or Gucci? I would think not, but what fashion and celebrity do is create an image to aspire to. And in this realm, yes fashion can be looked at as a motivator to perhaps get a promotion at work, so that you too can wear better clothes.

In the political arena, the importance of image is crucial. As a population, we often judge our preelects on how they look rather than there positions on issues. When we look at the Democratic race in the United States, no one forgets that Hilary wore great pantsuits — feminine, yes, but powerful as well.

So is fashion relevant? Ask yourself that when you are going on that first interview, first date — or you run for office. Your answer will be clear. And make no mistake about it: the world is not just a stage, it's a catwalk — and everyone is watching.

Letters

Josh Rachlis, TORONTO

In his column, "May pays for mistakes,"(Oct. 16) Andrew Cohen believes that: "Unelected leaders have no credibility. You can stand and squawk in the foyer in the House of Commons, as Ms. May does every day, but really, though, why should anyone listen to you? Especially when your party has 6.8 per cent of the vote."

It says a lot about Mr. Cohen that he dismisses daily fighting for a cleaner, healthier, fairer Canada as "squawking." But dismissing 6.8 per cent of the vote as insignificant is even more absurd.

Does he not know that the Bloc won (nearly) 50 seats with 10 per cent of the vote? With a fair and proportional voting system, the Green Party's 940,000 votes would have earned them 23 seats.

The problem is not May's passion for improving our country. The real problem is our electoral system.

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Arkansas TV anchorwoman attacked in home, seriously injured: Police

Police in Little Rock, Ark., say an intruder attacked a popular TV anchorwoman in her home and left her with life-threatening injuries. Police say the attack may have come during a robbery, because the victim's purse was missing. THE ASSOCIATED PRESS

World

Spector jury selection begins

Jury selection began yesterday for the murder re-trial of music producer Phil Spector at Los Angeles County Superior Court. Spector is charged with second-degree murder in the 2003 death of actress Lana Clarkson, 40, at his Alhambra, Calif., mansion.

THE ASSOCIATED PRESS

Obama to offer Powell position if elected

Colin Powell will have a role as a top presidential adviser in an Obama administration, the Democratic White House hopeful said yesterday.

"He will have a role as one of my advisers," Barack Obama said on NBC's Today in an interview aired yesterday, a day after Powell, a four-star general and U.S. President George W. Bush's former secretary of state, endorsed him.

"Whether he wants to take a formal role, whether that's a good fit for him, is something we'd have to discuss."

Being a top presidential adviser, especially on foreign policy, would be familiar ground to Powell on a subject that's relatively new to the freshman Illinois senator. Obama has struggled to establish his foreign policy credentials against Republican candidate John McCain, a decorated military veteran, former prisoner of war and ranking member on the Senate Armed Services Committee.

> **"Whether he wants to take a formal role (in an Obama administration), whether that's a good fit for him, is something we'd have to discuss."**
> Barack Obama

In the NBC interview, Obama said Powell did not give him a heads-up before he crossed party lines and endorsed the Democratic presidential candidate on the network's Meet the Press a day earlier.

In that interview, Powell called Obama a "transformational figure" in U.S. history and expressed disappointment in some of McCain's campaign tactics. But, Powell said, he didn't plan to hit the campaign trail with Obama before the Nov. 4 election.

"I won't lie to you, I would love to have him at any stop," Obama said with a grin. "Obviously, if he wants to show up, he's got an open invitation."

THE ASSOCIATED PRESS

Nun who helped Cairo slum dwellers dies in France at 99

OBITUARY Sister Emmanuelle, a nun who lived for years among scavengers in Cairo's slums and who won wide acclaim for defending the rights of the poor and marginalized, died yesterday at age 99.

A spokeswoman for her association, Sandrine de Carlo, said the Belgium-born nun died in her sleep at a retirement home in France.

Sister Emmanuelle spent more than two decades working with Cairo's zabbaleen, or garbage collectors, who eke out a living through scavenging. She helped create a network of clinics, schools and gardens to serve the children of the slums, and an association she founded now operates in eight countries.

> **"When (Sister Emmanuelle) arrived here the zabbaleen were marginalized and no one wanted to look at them ... Her work marked this country."**
> Zeina Zarif

"The work Sister Emmanuelle did was crucial ... When she arrived here the zabbaleen were marginalized and no one wanted to look at them," said Zeina Zarif, the Egyptian co-ordinator for Association Sister Emmanuelle. "Her work marked this country."

THE ASSOCIATED PRESS

Kabul **Taliban kills aid worker**

THE ASSOCIATED PRESS/SERVE AFGHANISTAN HANDOUT

Taliban gunmen killed South African-British Christian aid worker Gayle Williams, pictured in this undated photo, in Kabul as she was walking to work yesterday. The militant group said it targeted the woman because she was spreading her religion.

American confidence in economy plummeting: Poll

FINDINGS With little relief in sight, Americans are getting more anxious about the slumping economy and how it affects them.

The share of people who believe the United States is moving in the right direction has plunged in just a few weeks, from 28 per cent in September to 15 per cent in October, according to an Associated Press-Yahoo News poll of likely voters that was released yesterday.

At the same time, there is a drop in those surveyed who say they are happy about the way things are going in their own lives. Now 59 per cent say they are personally happy, compared with 70 per cent last month.

THE ASSOCIATED PRESS

Pilot arrested in Britain for being over alcohol limit

UNITED KINGDOM United Airlines says one of its pilots was arrested in Britain on Sunday for being over the legal alcohol limit.

The airline says he was due to join the crew of Flight 955 from Heathrow Airport to San Francisco when he was arrested.

Police say he was caught after a breath test but has since been out on bail.

THE ASSOCIATED PRESS

Heavy rains cause landslides, drownings, leave 11 dead in Honduras
Officials in Honduras say a week of heavy rain has caused landslides and flooding that killed at least 11 people and left two others missing. THE ASSOCIATED PRESS

Six dead in South Korea arson, stabbing spree

A financially-strapped South Korean man went on an arson and stabbing rampage in Seoul yesterday, leaving six people dead and seven others wounded, police said.

The 31-year-old suspect, identified only by his surname, Jeong, first set fire to his room in a low-cost lodging facility in southern Seoul and then stabbed other residents with a sashimi knife while fleeing the fire, police said.

Five people were stabbed to death and another died after jumping out of a window to escape the blaze, police added.

Seven others were wounded, including four seriously, and the death toll could rise, according to police.

The suspect, arrested at the scene, told police he did not want to live because "everybody looks down on me," said Kim Kap-shik, the chief detective at Seoul's Gangnam Police Station.

Police also seized two more knives and a tear gas gun from Jeong.

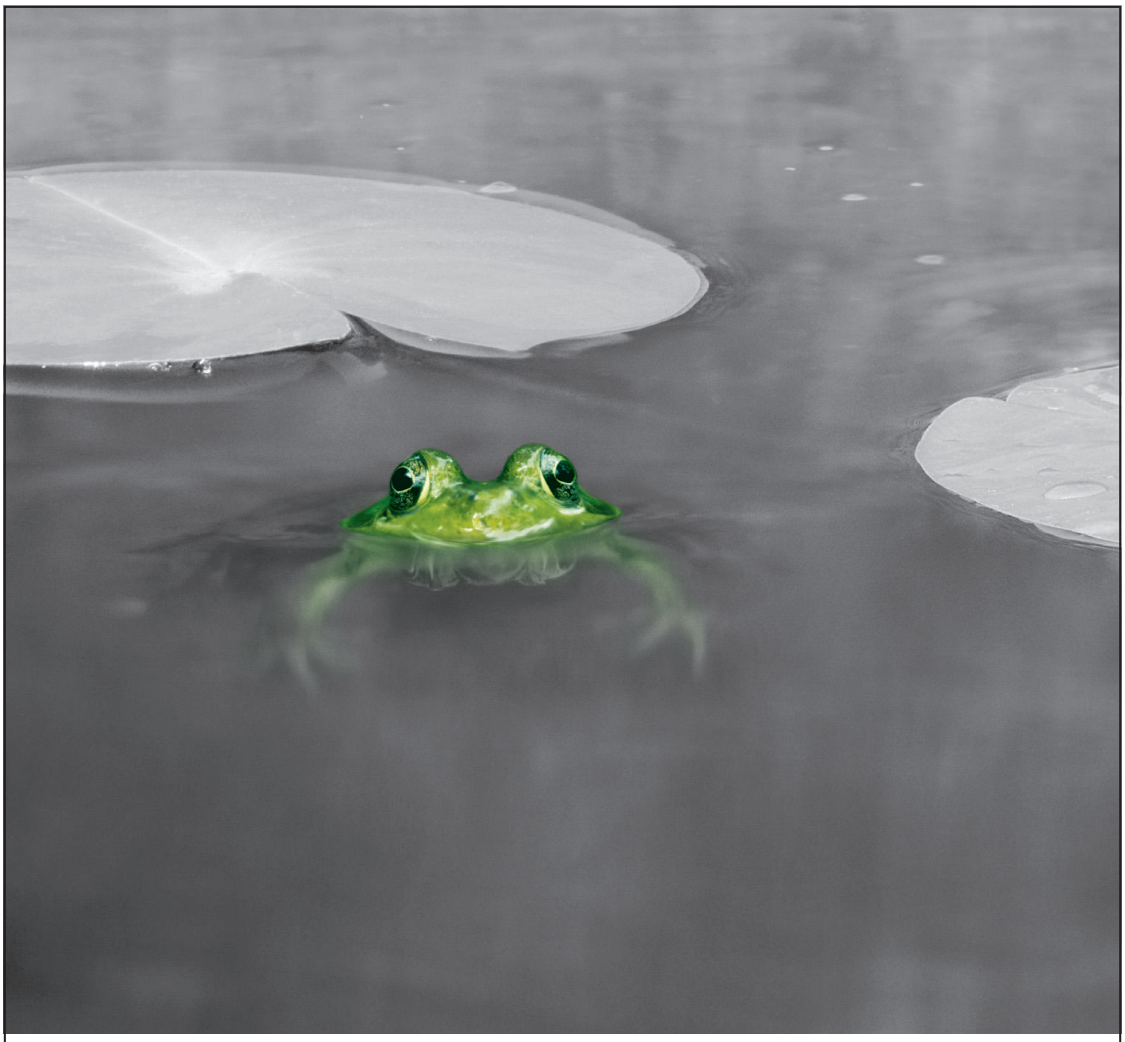
The suspect used to work part-time at restaurants and other places, but has been out of work since April, police said.

Jeong's "livelihood was difficult and (he) has been under considerable financial pressure" and could not pay his rent and cellphone bills for months, the investigator said.

THE ASSOCIATED PRESS

Warning signs?

- Yonhap news agency and other media have reported that the suspect, identified only as Jeong, has been convicted of crimes eight times in the past.



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TD Friends of the Environment Foundation

At least 30 years in jail for cannibal

JUSTICE A British chef who killed a man with a knife and cooked and ate his flesh was sentenced yesterday to a minimum of 30 years in prison.

Judge James Stewart said Anthony Morley, 36, showed no remorse for the killing of Damien Oldfield.

"Before this case I had associated cannibalism with eras long gone, with the tale of Robinson Crusoe. No longer," Stewart said. "You have plumbed depths rarely encountered in our court."

Morley attacked Oldfield, 33, during a night the pair spent together in April at Morley's home in the city of Leeds. Morley slit Oldfield's throat as he lay in his bed, stabbed him repeatedly and cooked some of his flesh.

Stewart rejected Morley's claim that he had been provoked when Oldfield unexpectedly initiated sexual contact, triggering traumatic memories of childhood sex abuse and the fear that he was going to be raped.

THE ASSOCIATED PRESS

Strike threatens public services

GREECE Transport, health and other public services in Greece face severe disruptions tomorrow as a 24-hour general strike has been called by the two largest unions against the government's economic policies.

Authorities say flights and train services will be drastically reduced, state hospitals will function with emergency staff, and schools, universities and tax offices will be closed today. THE ASSOCIATED PRESS

News in brief

KIM JONG IL South Korea said yesterday it was business as usual in North Korea, casting doubt on media reports that Pyongyang was to make an announcement possibly concerning the health of its leader, Kim Jong Il. THE ASSOCIATED PRESS

Research group paints sunnier picture of U.S. economy
The U.S. economy's health improved for the first time in five months last month as supplier deliveries and new orders strengthened, the New York-based Conference Board said yesterday in its monthly forecast of economic activity. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

GM, Chrysler merger on?

Speculation continued to swirl yesterday that a deal for General Motors to buy Chrysler from equity firm Cerberus Capital Management could come soon.

Cerberus wants out of the auto business. And as the credit markets have dried up, GM, worried about running too low on cash before the U.S. auto market rebounds, wants Chrysler's currency stockpile of around $11 billion.

A merger of the two companies would give the combined firm about 36 per cent of the auto market and plants across North America. In Canada, the two companies employ about 30,000 people — 20,000 at GM and 10,000 at Chrysler — and have assembly and parts plants across southern Ontario.

Chrysler confirmed yesterday it will lay off workers on one shift at its Windsor minivan assembly plant over the next three weeks. THE ASSOCIATED PRESS

Survivors

- Canadian Auto Workers president Ken Lewenza said Chrysler's car plant in Brampton — which builds products comparable to GM — could be the first to go if there's a merger. Other plants, including Chrysler's minivan plant in Windsor, would likely survive because they provide a unique service, he said.

Bush sees shift away from 'near panic'

Despite a fresh warning in Washington about a prolonged economic slump, U.S. President George W. Bush said, after a meeting with business leaders yesterday, that he thinks Americans' attitudes about the financial turmoil are shifting away from "near panic."

He said people are starting to see the effects of freed-up credit, while warning, "We've got a long way to go."

Meanwhile, Federal Reserve Chairman Ben Bernanke told the House Budget Committee that the time was ripe for a second government stimulus package. THE ASSOCIATED PRESS

In brief

ECONOMY China"s normally booming economy expanded by just nine per cent in the third quarter, the country's National Statistics Bureau said yesterday — its most sluggish pace of economic growth in five years. THE ASSOCIATED PRESS

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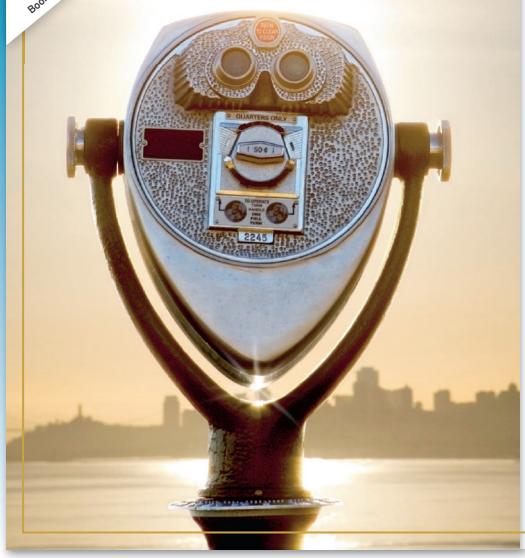
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What's in a name?

Picking a name is a rite of passage when starting a business, and while it can be fun, you should put some serious thought into it. The name you choose will affect how others see your business. A memorable name will stick in customers' heads, while a too-clever spelling might be hard to find in the Yellow Pages. NEWS CANADA

Small Business

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Dispelling start-up myths

Nine out of 10 businesses in Canada are small or mid-sized. Despite being the overwhelming majority, many owners are frustrated by a lack of information on how to get started and what business tools they need to succeed. Information can be confusing, hard to find or even inaccurate. We have compiled a list of common myths about entrepreneurship and useful tips to help save time and reduce frustration.

Myth 1: If you don't know all the details about running your business, you shouldn't be in business.

Fact: Not true. Being an entrepreneur is all about having a great idea and making it happen. Planning is key, but you don't need to be an expert on Day One. If in doubt, look into training.

"A good business plan shows two things: A great business idea and a clear shot at profit."

Government organizations, small business groups and technology vendors offer many options. Try Industry Canada's Strategis site (strategis.gc.ca) or the QuickBooks Small Business Community (quickbooksgroup.ca) for a range of free advice on setting up and running a successful business.

Myth 2: No one in a competitive industry is willing to provide tips to a start-up business.

Fact: Trade associations and industry conferences, both full of competitors, are great resources for start-up companies. Some industry groups even offer classes and workshops. After all, a rising tide lifts all ships.

Myth 3: A small business won't benefit from technology investments.

Fact: Just the opposite! Technology enables small businesses to reach new customers and be more efficient. Today's technology — company websites, and portals like EBay Stores — open up new avenues to customers. In a recent survey, 90 per cent of small business owners said accounting software cuts the amount of time they spend managing their books, searching for business data, taking care of payroll and other administrative tasks. Without the admin work, they can focus on running their business.

Tip 1: Get a plan! Success requires smart, simple planning.

A good business plan shows two things: A great business idea and a clear shot at profit. Your plan should identify the purpose of your business; your primary competitors; your likely customers; how you plan to staff, stock, and supply your goods and services; your estimated start-up costs, revenues, and expenses; and finally, how you plan to make a profit. Not quite sure how you're going to make a profit? Refer to one of the many online resources that offer free small business financial planning tools, such as interactive calculators to estimate starting costs, cash flow, ROI (return on investment), break-even points and more.

People in competitive industries can be a wealth of information for those who are just starting out.

Tip 2: Get expert help and training for starting your business.

Getting business help and training doesn't have to cost an arm and a leg, and is easy to find. Local chambers of commerce and various government organizations, such as Industry Canada's Strategis site, offer a number of resources for Canadians, most of which are free of charge and easy to access. Many colleges also provide inexpensive courses covering a range of business subjects. NEWS CANADA

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SmartCookies

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If we compare investments to clothing, bonds would be the fundamental (though kind of boring) necessity that you build your wardrobe on.

In recent weeks it's been hard to avoid being inundated by information about the economy and stock market. If you have found yourself in the middle of a conversation and feeling totally out of the loop about stocks, bonds and mutual funds, we are here to simplify the world of investing using an analogy most of us can understand — our wardrobes!

Let's begin with the basics — if we compare investments to clothing, bonds would be the fundamental (though kind of boring) necessity that you build your wardrobe on. For example, a plain white button-down or a pair of straight-leg jeans.

Bonds are issued by companies and municipal, provincial and federal governments. In exchange for you lending them money, they issue a bond that promises to pay you back your money in the future plus interest. Bonds are much less risky than stocks.

Stocks, on the other hand, would be the more trendy add-ons that may seem a bit more risqué — but also have a lot to offer and are somewhat sexy.

"Stocks, on the other hand, would be the more trendy add-ons that may seem a bit more risqué — but also have a lot to offer and are somewhat sexy."

When you buy a stock, you buy a part of a business. As the value of the business or company fluctuates, the value of the owners "share" also increases or decreases.

Of course, some companies are riskier than others. If you choose to invest your money in a blue chip company (a company that is well established and well respected) as opposed to a newly public company — although you are likely to make less money, these companies tend to be less risky.

Last, we have mutual funds. Mutual funds represent what your closet should look like: A balance of basics that you can count on, mixed with other pieces you're betting will enhance the overall worth of your wardrobe (although there is a risk that they may not).

So, if one piece drops out of a fashion, or decreases in value, you still have many others to offset the loss.

Mutual funds offer you an opportunity to contribute money into a pool with other investors to purchase large amounts of stocks, bonds or both. You invest in a fund, run by a professional, who buys shares or stock or bonds.

Mutual funds offer some unique advantages. As mentioned, these funds are comprised of both stocks and bonds, so through diversifying your investment, you lower your risk.

Also, as a general rule, you are able to sell shares quickly if you are in need of some cash. Lastly, there is a professional overseeing your investments.

For more information on investing, check out our new book Smart Cookies Guide to Making More Dough, on sale in book stores this month, and visit smartcookies.com for more on living your richest life.

If you have questions or comments for the Smart Cookies, please feel free to write to us at smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Survival of the small business

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q I operate a small retail home furnishing store and a warehouse that supplies other small stores. I have reduced inventory at both locations and have mounted an advertising campaign. What other steps can I take to ensure the viability of my business?

Kim

A Many small businesses must develop strategies to ensure the survival of their business in the event of an economic downturn in Canada. These are not times for "business as usual." Consumer confidence is at its lowest in decades and when consumers are insecure, they cut spending.

Small businesses are particularly vulnerable, as many may lack support systems that benefit larger firms. There are plenty of resources available to help small businesses and owners should not hesitate to take advantage.

Regardless of the business type, owners should have sound business practices in place. No business can be completely recession-proof, but in these economic times, it may mean tightening policies.

Cash Flows:
No business stays afloat without a continued cash flow. Review your credit policies and those of suppliers.

Inventory:
Manage inventory without hurting product quality or customer satisfaction. A business can hemorrhage from too much or too little inventory.

Sales:
Continue to attract new customers, however do not ignore your existing client base. Where else can you receive better references? It is also cheaper.

Cost:
Fixed costs do not change with the economic climate. Pay closer attention to managing other costs.

Employees:
Treat them right. They can make or break a business.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

Investing

Allan Small

Have we hit rock bottom in the markets? Read this week's column at metronews.ca.

Vanek first star

Buffalo Sabres forward Thomas Vanek was named the NHL's first star of the week yesterday. He picked up eight points in four games last week, helping Buffalo to a 3-0-1 record over the stretch. METRO NEWS SERVICES

Sports

Heavyweight franchises unite over food

The Dallas Cowboys and New York Yankees are forming a company to handle concession and merchandise sales at their new stadiums. Former Pizza Hut president Michael Rawlings will serve as CEO. Each club will move into a new stadium next year, and Cowboys and Yankees officials said at a news conference yesterday that the company will allow them to provide better food options for fans. THE ASSOCIATED PRESS

Rookie Mitchell elevated to Leafs' top line

There was a time when John Mitchell was thrilled just to find himself on an NHL roster, let alone centring the Toronto Maple Leafs top line. It was, oh, about two weeks ago.

His NHL career now five-games old, Mitchell finds himself holding the No. 1 centre job that belonged to Mats Sundin last season.

No pressure there, right?

"That's pretty neat, but I don't want to put myself in the same shoes as Mats Sundin," Mitchell said after yesterday's practice. "I think if I can do half of what he does, I'll do relatively well.

"It's great to know that I've been given the opportunity to play that (role). I think it's just because of the hard work that I've done and the work ethic that I'm trying to put in. Ron likes that."

TORSTAR FILE PHOTO

John Mitchell, left, has impressed coach Ron Wilson enough to earn a promotion to the top line.

That would be Ron Wilson, the Maple Leafs coach who has made good on his training camp promise to give each player a clean slate this season.

The 23-year-old caught the eye of Maple Leafs management in the spring by scoring eight times in 19 playoff games for the Marlies.

After signing a new contract over the summer, Mitchell knew he would be given an opportunity to play in the NHL if he worked hard.

With the help of Toronto's strength coach, he's done exactly that.

"It has to be everything," said Mitchell. "You can't just come to the rink and show up and work hard (during practice) and that's it. There's a lot of things off the ice that you have to do."

He enters tonight's home game against Anaheim with the same number of career NHL goals (0) as most Leaf fans — a mere 555 behind Sundin.

The stats don't tell the whole story, though. Mitchell played mostly fourth-line minutes on the wing over the opening four games and managed to show enough promise to get elevated to the top unit during a 4-1 loss in Pittsburgh on Saturday night. Wilson figures that Mitchell's speed and willingness to forecheck might translate into more scoring chances for linemates Jason Blake and Nik Antropov.

"I want to give him an opportunity to show us what he can do in regular season games," Wilson said of Mitchell.

"He's basically a centreman — I've had him playing out of position (as a winger). He's fought and competed really hard on faceoffs. He's a big, strong man who can play a low game when it comes down to that.

"I want to see what he can do." THE CANADIAN PRESS

Game Preview

DUCKS VS TORONTO MAPLE LEAFS

THE SKINNY: Ducks GM Brian Burke's visit to Toronto is sure to fuel intense media speculation – legitimate or not – about his future employment plans.

THE BATTLE OF BAD: The 1-5 Ducks are a pithy 1-for-24 on the powerplay so far this year, by far the worst in the league. The 1-2-2 Leafs, at only 3-for-23 with an advantage, are not much better.

THE QUOTE: **"This trip we have to use as a team-building thing. Get the confidence there. We'll have a lot of time to hang around one another. Go from there."** Anaheim's Teemu Selanne on their four-game trip that opens against Toronto. METRO NEWS SERVICES

Moon shots not going down as Mitchell singles out wings

Back in September, as Jamario Moon and his wife juggled their move to a new house with his professional migration north, the story goes that Moon, the Raptors forward, misplaced his passport in one of the moving boxes.

He eventually found the elusive document and arrived in Toronto later than the team would have liked.

Now, a month on, he's searching for another important possession gone missing: His game.

"Overall, it seems like I'm playing some of the worst basketball I've played in a long time," Moon said the other day. "I'm glad it's pre-season."

Moon was shaking his head after an 0-for-8 shooting night Sunday in Los Angeles, where the Raptors dropped a loss to the Lakers. The club will cap its exhibition schedule tonight in Edmonton, the Denver Nuggets the visitors. And for Moon, perhaps the real games can't come soon enough. In seven rehearsals he's shooting 27.1 per cent from the field and looking like the career minor leaguer he was before he burst into Toronto's starting lineup last season as a 27-year-old rookie. Said Moon: "I'm in a little slump."

"I'm glad it's pre-season."
Jamario Moon

There are plenty of reasons for October optimism in Raptorworld. But if there is a disturbing omen, it's the underwhelming play of the incumbent wing players. When someone asked coach Sam Mitchell for the key to Toronto's success in the coming season, Mitchell said: "I think the key for our team is our twos and threes. One of those guys is going to have to step up and become a double-digit scorer. Our twos and threes have not done that yet."

It hasn't been all bad. Anthony Parker was solid on Sunday. Joey Graham has shown the usual flashes. Jason Kapono, the long-range shooting specialist, has been aggressive and effective with his trigger finger. Hassan Adams, the wild-card tweener, finally announced his presence with good work against the Lakers. But Moon has had scarce success and on Sunday, Bosh scolded him through a third party for hanging his head: "You don't admit you're in a slump. (You say) 'I'm not in a slump. I just missed some shots, that's all!' It's all mental." There are those around the organization who suspect it's physical, too — that Moon flitted away his summer doing little to improve his game, specifically his erratic jump shot (Moon has said he spent much of the off-season at a gym near his Alabama home, both working with local kids and refining his craft).

GETTY IMAGES

By his own admission, Jamario Moon says he is playing some of his "worst basketball in a long time."

So a familiar plotline of a year ago is already repeating itself. Mitchell is asking players like Moon, Graham and Parker to make for the paint instead of relying on the 20-some-footer, something that the coach acknowledges is "out of their comfort zone.

"A lot of times (defenders) tend to back up. And when they back up, it seems all clogged up in the lane," said Moon.

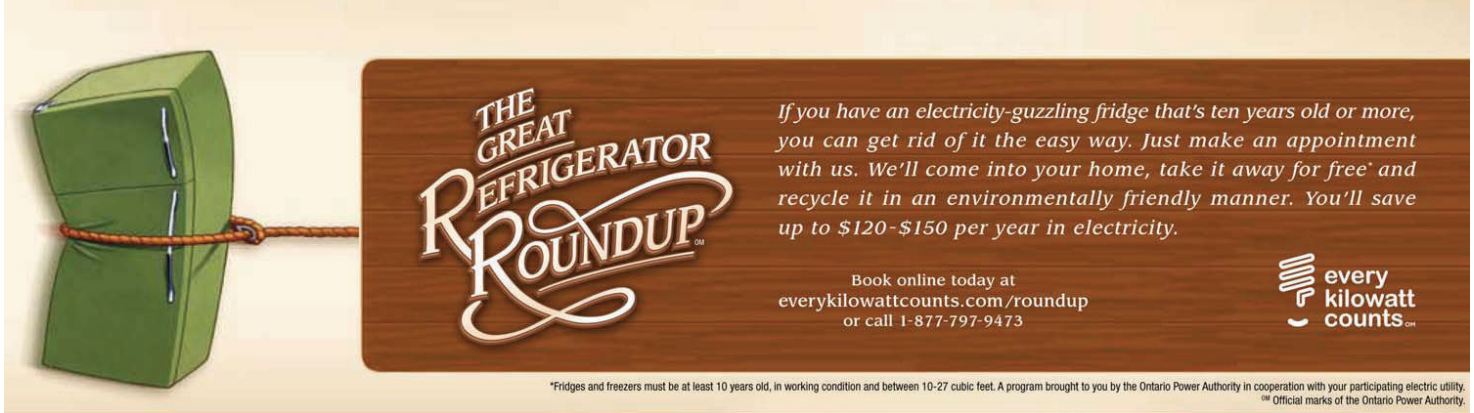
"If I go in there and get a charge called on me — if that's what coach wants me to do, I've got to try and do it." TORSTAR NEWS SERVICE

Broken finger knocks out Holik

NHL New Jersey Devils centre Bobby Holik will be sidelined three to four weeks with a broken pinkie. He was injured Saturday night in Washington and is scheduled for surgery today, general manager and president Lou Lamoriello said yesterday.

The Devils recalled left-winger Pierre-Luc Letourneau-Leblond from Lowell of the AHL to take Holik's roster spot. He is expected to play tomorrow against Dallas.

Letourneau-Leblond is the third rookie to see ice time this season, joining defenceman Anssi Salmela and forward Petr Vrana. Vrana got into the lineup after Brian Rolston sprained an ankle in Atlanta on Thursday. THE CANADIAN PRESS



2,100 games

Ottawa 67's coach Brian Kilrea coached in his 2,100th CHL game Sunday, a 6-2 win over the Sault Ste. Marie Greyhounds. Kilrea, already the Canadian Hockey League record holder for most wins as a coach, added to that total with victory No. 1,159. METRO NEWS SERVICES

Lowell undergoes surgery on hip

BASEBALL Boston Red Sox third baseman Mike Lowell underwent arthroscopic surgery yesterday to repair a tear in his right hip and fix a bone spur, a day after the Sox were eliminated by Tampa. Lowell, last year's World Series MVP, wanted the surgery now to have sufficient time to recover before spring training.

He was limited to one at-bat in the last 11 regular season games and went 0-for-8 in two post-season games.

Ellis re-signs with Oakland

BASEBALL The Oakland Athletics secured some stability in the middle of their infield, agreeing yesterday on a two-year contract with Mark Ellis that guarantees the second baseman about US$11 million. The 31-year-old Ellis, who is coming off right shoulder surgery last month to repair chips in the cartilage as well as a torn labrum, could have become a free agent after the World Series. Ellis batted .233 with 12 home runs and 41 RBIs in 117 games for the A's in 2008

THE ASSOCIATED PRESS

Vegas sees more than just Ray of hope

YorkReport

Marty York

marty.york@metronews.ca

The Tampa Bay Rays, whose worst-to-first ascent ranks as baseball's story of the year (and maybe the century), have been established as relatively heavy favourites to win the 2008 World Series.

Oddsmakers have decided bettors must lay $1.50 on the Rays to win a dollar and stand to collect $1.30 on every dollar they place on the underdog Philadelphia Phillies.

The Rays are favoured largely because they have home-dome advantage in the seven-game Series, which opens in Tampa tomorrow night. Interestingly, the Rays seized the home advantage for the Series when one of their pitchers, Scott Kazmir, won the All-Star Game for the AL back in July.

Advice: Take Philly. The Phils' lineup is stacked with more prolific and more experienced batters than Tampa's and they have an almost-unhittable closer in Brad Lidge.

• Some oddsmakers also have put out a line on the Series' prospective television ratings — and they're suggesting viewership will be extremely low.

Last year's Series — a four-game sweep by the Boston Red Sox over the Colorado Rockies — drew the second-lowest ratings in Series history with a 10.6 share. The over/under for this Series is a 10.2 share. Visit BetOnline.com for details.

• If you're human, you're rooting for the Rays' Rocco Baldelli, who delivered the most important hit in his team's history — the game winner in the AL Championship Series against Boston Sunday night. Baldelli suffers from a mitochondrial disorder that leaves him easily exhausted and could, after the Series, end his career.

"Every single thing I used to do on the field, I used to do hard," Baldelli told me earlier this season. "I can't go hard any more."

In fact, Baldelli couldn't finish Sunday's game after becoming weary. He was replaced in the seventh inning by ex-Blue Jay Gabe Gross.

• Still smarting from their ALCS loss, the Bosox are aiming to fortify their pitching, offering a package of prospects and cash to San Diego for ace Jake Peavy, whom the Padres have deemed expendable ... The Bosox also hope to reacquire free-agent-to-be Derek Lowe. The Jays also covet Lowe, who isn't interested in returning to the Los Angeles Dodgers.

Also likely to leave the Dodgers as a free agent is outfielder Manny Ramirez, who said: "I want to see who is the highest bidder, The price of gas is up and so is my price." Two notable names who've applied to become the Milwaukee Brewers' new manager: Willie Randolph and Paul Molitor ... And expect this soon: The engagement of Alex Rodriguez and Madonna.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

The Rays' Rocco Baldelli, shown here hitting a home run in Game 3 of the ALCS, suffers from a career-threatening mitochondrial disorder.

7 • The number of home runs hit by Tampa Bay outfielder B.J. Upton in the postseason. He's the first player to hit seven playoff homers after posting fewer than 10 in the regular season.

Public Meetings

Draft Regional Transportation Plan and Investment Strategy

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Metrolinx, an agency of the Government of Ontario, is hosting a series of Public Meetings to present its Draft Regional Transportation Plan (RTP) and Investment Strategy (IS).

Open Houses will be held from 5 - 7 p.m. at the following locations in advance of the Public Meetings. Public Meetings will follow from 7- 9 p.m.

October 20, 2008	Richmond Hill	Premiere Convention Centre, 9019 Leslie Street
October 21, 2008	Mississauga	International Centre, 6900 Airport Road, Aviation Ballroom B & C (Hall 5 Entrance)
October 22, 2008	Toronto	Metro Toronto Convention Centre, 255 Front Street West, North Building
October 27, 2008	Toronto	Parc Downsview Park, 40 Carl Hall Road Studios
October 28, 2008	Whitby	Heydenshore Pavilion, 589 Water Street
October 29, 2008	Oakville	Halton Regional Centre/Woodlands Operation Centre, 1151 Bronte Road, Auditorium
October 30, 2008	Hamilton	Hamilton Convention Centre, 1 Summers Lane, Webster ABC

To register for a Public Meeting, please visit our website at www.metrolinx.com or call 1-866-658-9890 (416-406-0489 for local calls). Join us and get involved.

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Loewen released
The Baltimore Orioles released Canadian pitcher Adam Loewen yesterday. The native of Surrey, B.C., was 0-2 with an 8.02 ERA in seven games. Loewen was placed on the disabled list on July 8 when he re-injured the stress fracture in his left elbow that ended his 2007 season. Loewen is attempting a comeback as a position player. THE ASSOCIATED PRESS

Jones enters alcohol treatment centre

NFL Suspended Dallas Cowboys cornerback Adam (Pacman) Jones has entered an alcohol treatment centre. The oft-troubled player has checked into a facility "in another part of the country," Cowboys owner Jerry Jones told The Associated Press yesterday.

"It's totally done through and by the NFL," Jerry Jones said. The NFL said yesterday it would not comment. The league suspended Adam Jones for at least four games last Tuesday for again violating its personal conduct policy.

Adam Jones

Only six weeks after being reinstated from a 17-month suspension because of repeated legal problems, Jones was involved in an alcohol-related scuffle Oct. 7 with one of his bodyguards at a private party in Dallas.

The Cowboys had employed the bodyguards to try to keep Jones out of trouble. "They lost their job when he got suspended. They lost it because there's no more Adam to look out for," said Jerry Jones.

The team owner spoke after a news conference announcing a company the Cowboys are forming with the New York Yankees to handle concession and merchandise sales at their new stadiums.

NFL commissioner Roger Goodell will determine the full length of the suspension after the Cowboys play Nov. 16 at Washington. Goodell has said a lifetime ban remains a possibility. The league has said reinstatement will depend on strict compliance with treatment plans and an evaluation by "clinical experts." THE ASSOCIATED PRESS

Sports in brief

NFL The NFL has said that if Jets quarterback Brett Favre really did leak information about the Green Bay Packers offence to Detroit Lions coaching staff, he did nothing wrong. Favre has been accused of, and has subsequently denied providing his former team's play schemes and nuances to the Lions before Green Bay's 48-25 win last month.

NFL Kansas City Chiefs running back Larry Johnson is being investigated for spitting a drink in a woman's face at a nightclub during the Chiefs' bye week. Kansas City police are investigating a report of non-aggravated assault against Johnson for an incident Oct. 10. Johnson was benched for Sunday's game against Tennessee for breaking team rules.

NBA Utah Jazz point guard Deron Williams will miss at least two weeks with a sprained left ankle. Utah opens the season at home Oct. 29 against Denver.

METRO NEWS SERVICES

Tiger's back ... as a caddie

LENNY IGNELZI/THE ASSOCIATED PRESS

Tiger Woods pulls a club for John Abel while caddying on the 10th hole of the South Course at Torrey Pines yesterday. Abel, won a contest that entitled him to have Tiger Woods caddy for him. It was Woods' first trip back to the course since winning the U.S. Open there in June.

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Register at RossU.edu or call 877-ROSS-EDU

Nolan fired

The San Francisco 49ers fired coach Mike Nolan yesterday, seven games into his fourth consecutive dismal season with the club, according to FOXsports.com. Assistant head coach Mike Singletary is expected to take over. THE ASSOCIATED PRESS

A tougher Sell

From the streets to the cage, UFC fighter Pete Sell lives and learns

Pete (Drago) Sell was just a Long Island teenager when Matt Serra met him — a street kid running with a rough crew.

"Drago, especially with the crowd he was with, he kind of was at a crossroads," said Serra, "and he took the right path."

Jiu-jitsu — and Serra's mentorship — pointed Sell in that direction. And today, like Serra, Sell makes a living off mixed martial arts. The 26-year-old takes on welterweight Josh (The People's Warrior) Burkman on Saturday at UFC 90 in Chicago on the undercard of the middleweight title fight between champion Anderson Silva and Montreal's Patrick (The Predator) Cote.

Sell (7-5) needs a win after losing four straight in the UFC, although he has put on a show doing so.

Sell admits he could have taken a different career path. For a while, he made money on the streets by serving as muscle.

"At one point, I dabbled in it," he said in an interview. "I'm not going to say that I was the guy to call, you know what I'm saying. ... I'm just saying I did what I had to do to make money. It's easy to make fast money on the street. But it's wrong and I feel like the negative karma that comes from it, eventually it doesn't pay off."

THE CANADIAN PRESS/HO-UFC

Pete (Drago) Sell takes on welterweight Josh (The People's Warrior) Burkman at UFC 90 in Chicago on Saturday night.

"I've been actually blessed, very blessed – because I had a couple of close calls but never got in bad trouble."
Pete Sell

"It's easy to get mixed in with the wrong crowd," he added. Some of those friends paid the price. One ended up facing organized crime charges. "It was pretty bad," said Sell, who had a few run-ins with the law himself. "As far as that I've been actually blessed, very blessed — because I had a couple of close calls but never got in bad trouble."

Sell, whose nickname came for his resemblance to bad guy Ivan Drago in Rocky IV, had trained in martial arts as a kid and took up taekwondo in his teens before becoming a student of Serra's. He did it for fun at first, then he saw what it could lead to as Serra began his fighting career.

"Basically Matt got my life on straight. . . . He's almost to me like a big brother," Sell said.

THE CANADIAN PRESS

Former players suing over video game

GAMING Fans of the popular Madden NFL video game by Electronic Arts Inc. can play vintage matchups such as the 1967 Green Bay Packers against the 1971 Dallas Cowboys. Just don't look for either team's dominant left cornerback: Hall of Famer Herb Adderley, who played for both Super Bowl champions.

There is only an anonymous video game figure with Adderley's weight and height displayed at left cornerback on each defence. That did not sit well with Adderley, so he sued. His class action lawsuit on behalf of more than 2,000 retired players started Monday in U.S. federal court, with the retirees accusing the NFL Players Association of cheating them out of millions of dollars in royalties from video games and others sports products.

They contend that the union actively sought to cut them out of licensing deals so active players could receive bigger royalty payments. As proof, the retirees point to a 2001 letter from an NFLPA executive telling EA to scramble the images of retired players in Madden NFL, otherwise the company would have to pay them.

THE ASSOCIATED PRESS

Airfares

CANCUN $85
Travel Nov 11 - Nov 18/wg + taxes & fees $277

Fort Lauderdale $23
Travel Nov 8 - Nov 15/ts + taxes & fees $224

Vancouver $149
Travel Oct 23 - Nov 3/wg + taxes & fees $225

Glasgow $169
Travel Nov 25 - Dec 3/ts + taxes & fees $447

Athens $499
Travel May 3 - May 18/ts + taxes & fees $395

Delhi $949
Travel Nov 11 - Nov 25/kl + taxes & fees $298

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Mercure Playa de Oro + taxes & fees $260
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Puerto Plata 3-Star $288
Fun Royale And Tropicale Beach + taxes & fees $368
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Oct 26/sgn/5g.

Punta Cana 4-Star $337
Grand Paradise Bavaro + taxes & fees $308
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Nov 6/nol/5g.

Holidays

Las Vegas 4 Nights $299
Circus Circus + taxes & fees $212
INCLUDES roundtrip airfare and 4 nights 3-star accom located on the Las Vegas Strip. Departs Jan 26/inf/wg. UPGRADE to 4-star Flamingo from $15 per night.

Rome City Break $610
Hotel San Remo + taxes & fees $359
INCLUDES roundtrip airfare and the first 2 nights 3-star central accom with breakfast. Travel Apr 17 - 25/vat/ts.

Rio de Janeiro 4-Star $1099
Augustos Copacabana + taxes & fees $424
INCLUDES roundtrip airfare and 5 nights 4-star accom located only two blocks away from the famous Copacabana Beach. Departs Nov 19/inf/ua. ADD Rio city and Sugar Loaf tour from $51.

Cruise Holidays

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Legend of the Seas + taxes & fees $84
INCLUDES 4-day Royal Caribbean cruise, onboard meals & entertainment. Sail roundtrip from Singapore and visit Port Keland and Phuket. Port charges included. Sails Jan 12.

Southern Caribbean $549
Serenade of the Seas + taxes & fees $125
INCLUDES 7-day Royal Caribbean cruise, onboard meals & entertainment. Sail roundtrip from San Juan and visit St Thomas, St Maarten, Antigua, St Lucia and Barbados. Port charges included. Sails Dec 6.

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Joining the fight
All profits from the sale of Green Beaver's For My Sister all-natural deodorant, right, go to breast cancer research. $6.99 at Whole Foods. METRO NEWS SERVICES

Health

For the love of lavender

Launched as a testament to Magic Bag's commitment to the comfort and well-being of women, the special pink ribbon edition Magic Bag Lavender Wrap — which offers heat and cold therapy with the aromatherapy power of lavender — hit stores earlier this month. Three per cent of product sales — a target of $25,000 — will be donated to support breast cancer research in Canada. The Magic Bag Lavender Wrap, $29.99, is available at drugstores across Canada. METRO NEWS SERVICES

Myths busted

Breast self-exams won't always help you discover cancer, experts say. **More on breast cancer, pgs. 20, 24, 28 and 29.**

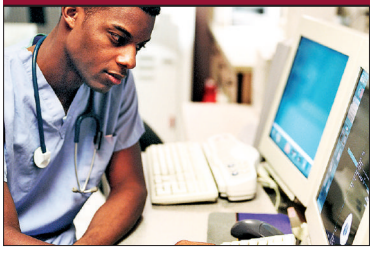
The J Spot Pg 26

Northbound Leather's kink fashion show sure to impress.

Discovery Pg 28

Not all vitamins are created equal, experts find.

New research Pg 29



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JERRI NIELSEN PHOTOS

Dr. Jerri Nielsen, assisted by a welder and a machine mechanic, performs surgery on herself.

'It was either do it or die'

Doctor performs biopsy on herself in the South Pole

ELISABETH BRAW
Metro World News

In March of 1999, Jerri Nielsen discovered a lump in one of her breasts. What made it even more frightening was that she was trapped on the South Pole — and she was the only doctor there.

During the winter months, the South Pole is completely dark, and temperatures often reach -64 C, rendering the continent completely inaccessible, so Nielsen had no choice but to perform a biopsy on herself. "It wasn't a difficult decision. It was either 'do it or die,'" recalls Nielsen, an American emergency room physician who was working at the Amundsen-Scott Research Station.

"I don't have a lot of energy. I don't have hair. Often I feel sad about my life, but I've learned that what really matters is how you live your life. You can't control death."
Dr. Jerri Nielsen

The lump was indeed cancer, and since she would have to stay on the South Pole for at least six months longer, Nielsen also had to treat her breast cancer herself. Assisted by a welder and a machine mechanic, that is.

"I had trained them for months without telling them what it was for. But by July, I was very ill because the cancer had spread to my armpits. The welder and the mechanic saved me," says Nielsen, 56.

Three months later, she was rescued from Antarctica in a spectacularly dangerous mission. Nielsen went back to her job in the United States, wrote a book about her experience, became a film star — Susan Sarandon starred as Nielsen in the movie Icebound — and became even more ill. The cancer has now spread to the bones, and because of the invasive treatment Nielsen can no longer work as a doctor.

"I don't have a lot of energy. I don't have hair. Often I feel sad about my life, but I've learned that what really matters is how you live your life. You can't control death," she says.

"What really annoys me is when healthy people tell cancer victims to cheer up. It really makes cancer victims feel isolated when they can't talk about their feelings," she says.

Despite the spread of her cancer, Nielsen leads a full life. She gives lectures to encourage other women with breast cancer, has gotten married, is writing a second book, and has even travelled back to the South Pole.

Jerri Nielsen was on the South Pole when she was diagnosed with breast cancer.

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Five celebs hit by cancer

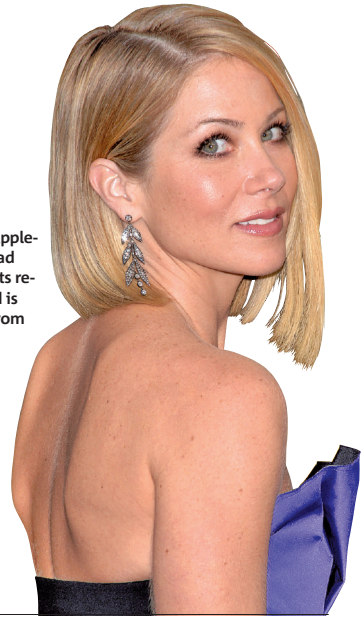
Cynthia Nixon, 42, of Sex and the City spoke about her secret battle two years ago.

Singer Kylie Minogue, 40, was diagnosed with breast cancer in 2005.

ALL PHOTOS BY GETTY IMAGES

Grammy-winning singer Melissa Etheridge, 47, got the diagnosis in October 2004.

Singer Sheryl Crow, 46, underwent surgery for breast cancer in 2006.



Christina Applegate, 36, had both breasts removed and is now free from cancer.

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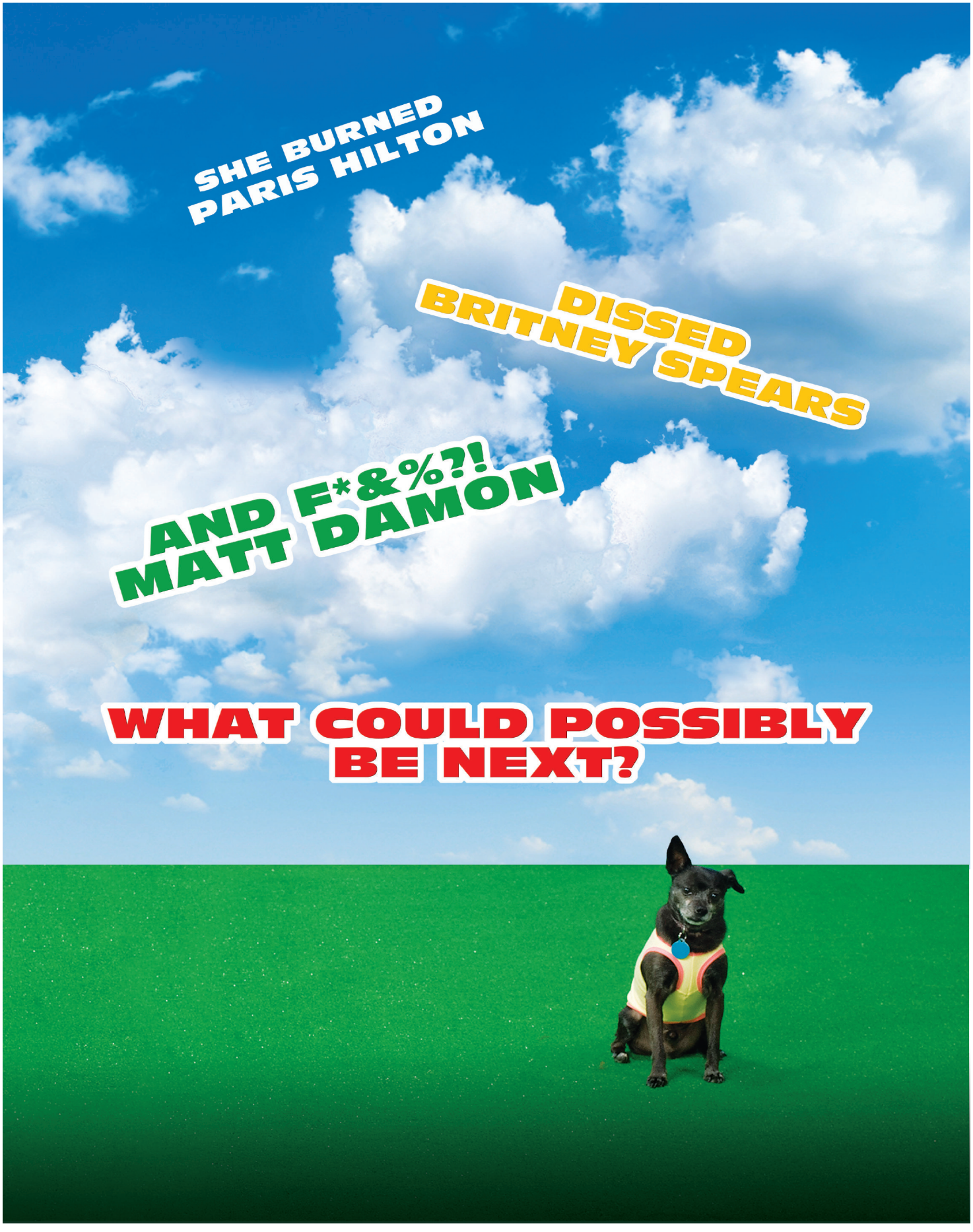

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Boob Tube from Mama Mio, left, fights sag and sun damage to give you a more beautiful bustline. Each Boob Tube, $40, comes complete with instructions for a breast self-exam. For every tube sold, $1 goes to the Breast Cancer Research Foundation. Available at the Bay. METRO NEWS SERVICES

First to think pink

KENYA HUNT
Metro World News

Sixteen years ago Evelyn Lauder asked Estée Lauder staffers to begin passing out little pink ribbons at their beauty counters to promote breast cancer awareness.

Since then, Lauder, who is now senior corporate vice-president of the brand, has helped raise $35 million US for The Breast Cancer Research Foundation, which she founded 15 years ago.

"At the end of 2008, we will have distributed over 80 million pink ribbons around the world," Lauder says. "Everyone recognizes that ribbon today!"

Here, Lauder talks to Metro about why she did it, and how she is helping in the fight against breast cancer.

Q How and why did you come about founding The Breast Cancer Research Foundation?

A Originally, I was inspired by a video produced by Look Good ... Feel Better, an organization that helps women undergoing cancer treatment to feel better about themselves. The AIDS activists, who have had great success with their own campaign, also inspired me. There was, and still is, a real need to spread information and to raise funds to support research about detecting, curing and preventing breast cancer. None of the organizations with which I was familiar at that time were focusing exclusively on research. That piece of the puzzle was missing and I wanted to find a way to change the way we approach finding a cure.

Q In all of your years with The Breast Cancer Research Foundation, what are you most proud of?

A The Breast Cancer Research Foundation is celebrating its 15th anniversary this October. Our grant dollars have provided crucial support for studies that have resulted in successful new treatments such as Herceptin and Avastin, the finding that low levels of Vitamin D may cause increased risk of breast cancer, and the nutritional study that has shown a low-fat diet can prevent breast cancer from developing or recurring. Something else I'm proud of is bringing breast cancer out of the closet and encouraging editors to write about breast health.

GETTY IMAGES PHOTO

Elizabeth Hurley and Evelyn Lauder of Estée Lauder.

Q What is the biggest misconception you think women have about breast cancer?

A One of the most common is that if a person is young and a lump is found, the lump is unlikely to be malignant. You should always, always, see a specialist if you find something. Every year, younger and younger women are being diagnosed with breast cancer. There was, and still is, a real need to spread information and to raise funds to support research about detecting, curing and preventing breast cancer. We need to reach these women and all women with the message of early detection because if a breast cancer is detected early, it is 98 per cent curable. .... The more a woman knows about her body, the more she knows about her health, the more proactive she is, the more in control she is, and the less frightened she is and better able to cope with any kind of diagnosis.

Q What makes Elizabeth Hurley a great spokeswoman for breast cancer awareness?

A People relate to Elizabeth because she is smart, a beauty and a celebrity legend. She has been a friend to me and to the Breast Cancer Awareness Campaign for years and is tremendously supportive. We owe a lot of our success to her ... We didn't realize at the time how powerful this program would become.

Q What's your own personal connection to breast cancer?

A I have known many, many people whose lives have been affected by breast cancer. Sadly, so many of us have friends or relatives who have been affected. On my travels with the BCA Campaign, I have met thousands of women who are breast cancer survivors. They are all remarkable women and I feel inspired to keep fighting to beat this disease every time I shake one of their hands.

10 myths about cancer and how it's caused

1 You can't survive breast cancer
False. The chance that a woman who has (had) breast cancer is still alive after 10 years is well over 70 per cent. The chance to still be alive after five years is well over 80 per cent.

2 Self-exam reduces risk of getting it
False. It is important to know that you will not discover breast cancer sooner. Let alone that you can prevent it.

3 It's always hereditary
False. In spite of what most people think, heredity plays a role in less than 20 per cent of the cases of women with breast cancer.

4 Large breasts increase the risk
This is not true. The size of the breasts is of no influence on the risk for developing breast cancer.

5 Pain in the breast is an indication
False. Pain is a rare (first) symptom. These pains in the breast are often caused by an innocent deviation. Still, it is always advisable to see a doctor if you're in pain.

6 You can get it from deodorants
False. Stories circulate on getting breast cancer from deodorants, especially on the Internet. From scientific research, there appears not to be a relation between the two.

7 Stress can cause breast cancer
From scientific research, there appears not to be a link between the two.

8 Supportive bras increase the risk
Not true. Wearing bras, with underwires or not, does not lead to the development of breast cancer.

9 Only women can get breast cancer
It is rare, yet men can also get breast cancer (in 2005 100 men were diagnosed with it).

10 Vitamins can prevent it
There is insufficient proof to state that taking supplementary vitamins lowers the risk for getting breast cancer.

METRO WORLD NEWS

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Scientists reported that between 2.5 million and 10 million Europeans could suffer hearing loss from listening to MP3 players at unsafe volumes – over 89 decibels – for more than an hour daily for at least five years. THE ASSOCIATED PRESS

Everyone's got some kink

Northbound Leather's X-posé fashion show — where fetishes are discovered

The J Spot

It gives new meaning to the expression "being a slave to fashion." As part of Toronto Fashion Week, Northbound Leather is hosting X-posé, its 12th annual kink fashion show.

And if you think kink is only for underground nocturnal urbanites, don't kid yourself.

"We see everyone from goths to Rosedale wives at our show," says George Giaouris, who took over the Yonge Street family leather business from his father and has turned it into a sort of Wal-Mart of fetish accessories.

Giaouris admits he's had no formal education when it comes to assessing people's particular sexual bents, but as a self-described "old whore when it comes to this stuff," he can guess within a minute of someone coming into the store.

"If they reach out and touch corsetry, they probably like a bit of bondage and a corset is a bit like a great, big hug," Giaouris explains. "When they enter my store, they wear their sexuality on their sleeve."

And if it's a latex or leather sleeve, it may be because of those early sexual fumblings in the vinyl or leather back seats of that old Chevy when they were teenagers.

Giaouris believes everyone has a fetish, that whatever you associate with early sexual arousal will always have a special place in your heart. If you first did it on a fur rug, for example, fur may always be a turn on for you.

For others, experimenting with the darker side of their sexuality is about relinquishing or experiencing power.

If you think kink is only for underground nocturnal urbanities, don't kid yourself. This Saturday's 12th annual kink fashion show, X-posé, will allow visitors to connect with their sexuality.

"The person that's the CEO, or high-level manager gets tired of always calling the shots and the one who never gets to make the decisions likes to experience being the one in control," explains Giaouris.

For a lot of couples who crave the excitement that came so effortlessly early in the relationship, expanding their sexual boundaries is a way of rediscovering that thrill. They are comfortable in their sexuality and secure in their relationship but just looking for a way to take things up a notch. And now, with the luxury of the Internet, a couple can tread into this sometimes scary territory from the comfort of their own homes.

"They don't have to put themselves out there," says Giaouris. "There are plenty of online resources, support groups and networks. These days, you and your partner can take everything from a cooking class to a rope class that will teach you how to tie your partner up sensually. There is no danger in exploring."

After all, Giarouris says coyly: "Like teenagers who always want to do what they're told they shouldn't, forbidden fruit tastes best."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Get show tickets

- X-posé: Where Gorgeous Meets Grostesque takes place Oct. 25 at the Sound Garden. Tickets are $45 in advance ($120 VIP passes also available) and available at Northbound Leather, 586 Yonge St., or at *northbound.com*. Tickets are $55 at the door. Call 416-972-1037 for more information.

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Bottled water not so pure, study finds

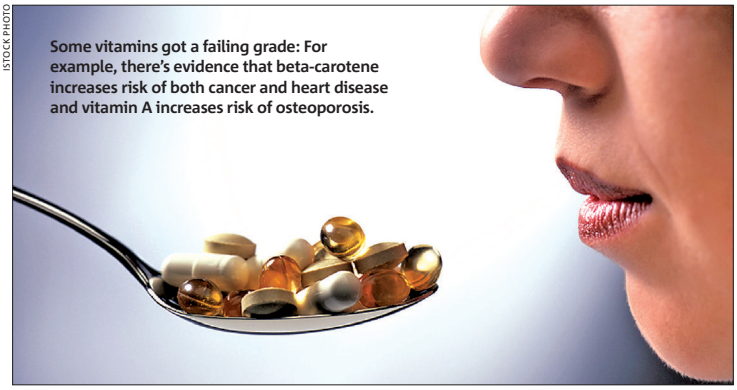
Tests on leading brands of bottled water in the United States turned up a variety of contaminants, including cancer-linked chemicals three times higher than California's health standard, according to a study released by an environmental advocacy group. THE ASSOCIATED PRESS

Some vitamins carry risk

Ask an expert if you should take extra supplements

CELIA MILNE
for Metro Canada

ISTOCK PHOTO



Some vitamins got a failing grade: For example, there's evidence that beta-carotene increases risk of both cancer and heart disease and vitamin A increases risk of osteoporosis.

When it comes to vitamins, loading up isn't always better. Although many vitamins have health benefits, some also carry risks.

The best route is to eat a well-balanced diet (follow Canada's Food Guide) and then ask an expert whether you need to take extra vitamins.

"Consult a dietician to see if you need a supplement," says Dr. Susan Whiting, a professor with the College of Pharmacy and Nutrition at the University of Saskatchewan in Saskatoon.

Dr. Whiting and colleagues took a thorough look at international studies of various vitamins and outlined for the Dieticians of Canada which ones were beneficial and which ones were possibly harmful.

Some vitamins have clear benefits to certain age groups: For instance, women who are pregnant or breastfeeding need a multivitamin supplement containing folic acid every day. Men and women over 50 need a daily vitamin D supplement of 400 IU.

Minerals such as calcium also have clear benefits: Calcium is associated with a decrease in colorectal cancer and blood pressure.

But some vitamins have both risks and benefits: Vitamin E can increase a person's risk of lung cancer but also decrease incidence of prostate cancer.

Some vitamins got a failing grade: For example, there's evidence that beta-carotene increases risk of both cancer and heart disease and vitamin A increases risk of osteoporosis. Both of these vitamins, in some studies, increased the risk of death from all causes.

The main message is that with vitamins, more is not necessarily the merrier.

"The consumer needs to know there are benefits and risks," says Dr. Whiting.

Find a dietician

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Coffee, breast cancer link tenuous

CELIA MILNE
for Metro Canada

RESEARCH Drinking coffee doesn't seem to increase your overall risk of getting breast cancer. But the relationship between caffeine consumption and breast cancer is not crystal clear, according to a report in a recent issue of Archives of Internal Medicine.

Doctors in Boston and Tokyo studied 38,432 women over age 45. For the study, these women provided detailed information about what they ate and drank, and doctors charted the women's health for about 10 years. In that time, 1,188 of the women developed malignant breast cancer. Overall, drinking coffee or consuming other caffeinated foods was not linked to the risk of breast cancer.

More analysis revealed that the risk of certain types of breast cancer — hormone receptor-negative breast cancer or tumours greater than 2 centimetres — was higher with a larger amount of caffeine consumption. "The mechanisms by which caffeine may affect breast carcinogenesis (cancer development) are complex and remain unclear," the authors wrote.

Overall, drinking coffee or consuming other caffeinated foods is not linked to the risk of breast cancer, says a recent report.

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Pretty in pink
The Think Pink gift set, at right, is filled with 12 pink Lush products, including Fair Trade Foot Lotion. Available at Lush for $99.95; $5 from every gift goes to the Canadian Breast Cancer Foundation. For more, visit lush.ca. METRO NEWS SERVICES

The facts about breast cancer

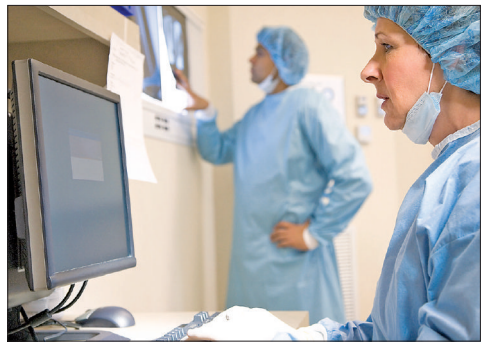
Here's what you need to know about breast cancer:

- **Cases per year:** 22,400
- **Deaths:** 5,300
- **Symptoms:** Lump in breast or armpit, changes in breast size or shape, skin changes on breast, redness or swelling in the affected breast, inverted nipple, crusting or scaling on the nipple.
- **Screening:** Mammography (once every two years recommended for women ages 50 to 69); clinical breast examination (once every two years recommended for women over 40); self-examination. Women with family history of breast cancer should ask doctor about a personal plan.
- **Risk factors:** Family history of breast or ovarian cancer, early menstruation, late menopause, having taken hormone replacement therapy for more than five years, never having given birth, giving birth for the first time over the age of 30, dense breast tissue, increased number of non-cancerous cells in the breast, radiation treatment to the chest before age 30, being over 50. Obesity, alcohol consumption and use of birth control pills may increase the risk.
- **Treatment:** Depends on type and stage of cancer, and may involve a combination of therapies. A lumpectomy removes the tumour while conserving most of the breast. A mastectomy removes the entire breast and sometimes the lymph nodes. Radiation is used to treat many stages of breast cancer and is frequently used after a lumpectomy. Chemotherapy is used on many stages of breast cancer. Hormonal therapy is used if tumour is hormone-receptor positive. Biological therapy uses drugs to help the body's immune system fight cancer. Herceptin treats human epidermal growth-factor-positive tumours.
- **Latest research:** Research funded by the Canadian Cancer Society include: assessing the type of information patients require about complementary therapies, use of MRI to detect if cancer has spread, investigating whether combining various anti-cancer drugs can activate genes that prevent spread.

TORSTAR NEWS SERVICE

Computers help spot cancer

A computer is as good as a second pair of eyes for helping a radiologist spot breast cancer on a mammogram, one of the largest and most rigorous tests of computer-aided detection found.


A computer is as good as a second set of eyes, research shows.

Like spell-checkers looking for mistakes, computers flag suspicious areas on X-rays for a closer look by a radiologist. Mammograms are used to screen women for early signs of breast cancer but the tests aren't perfect. In the U.S., the X-rays are read by a single radiologist and cancers are sometimes missed.

Computer-aided detection, or CAD, was developed to help radiologists pick up more cancers. Approved a decade ago, these computer programs are now used for about a third of the nation's mammograms. But the value and accuracy of the technology has continued to be debated.

Now, British researchers are reporting results from a randomized study of 31,000 women. Mammograms in Britain are routinely checked by two radiologists or technicians, which is thought to be better than a single review. Researchers wanted to know if a single expert aided by a computer could do as well as two pairs of eyes.

They found that computer-aided detection spotted nearly the same number of cancers, 198 out of 227, compared to 199 for the two readers.

"Where single reading is standard practice (in places like the United States), computer-aided detection has the potential to improve cancer-detection rates to the level achieved by double-reading," the researchers said. Their findings were published online this month by the New England Journal of Medicine.

The study was done at three centres in England that do a large number of routine mammograms. Most of the women in the study were assigned to have their mammograms reviewed twice — once by a pair of experts and a second time by a single reviewer aided by a computer.

"What we demonstrated was that one reader using CAD could pick up as many cancers as the two readers could," said radiologist Fiona J. Gilbert of the University of Aberdeen, lead author of the study.

She said computer-aided detection could be used to expand screening by Britain's national health service, which now offers the test every three years to women 50 to 70. The cost-effectiveness will have to be determined first, she said.

The new findings are encouraging, said Dr. Carol H. Lee, a radiologist at Memorial Sloan-Kettering Cancer Center in New York.

"In the United States, it's just not practical in most practices to do double readings by physicians," said Lee, who is head of the American College of Radiology's Breast Imaging Commission. "These results are reassuring to me that single reading with CAD can achieve that same sensitivity."

The research was funded by the British government and Cancer Research UK, a charity. Two of the researchers have received fees from the maker of a computer system and served as unpaid consultants to another. THE ASSOCIATED PRESS

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Brewery founder supports uLethbridge nursing students

Big Rock Brewery founder and University of Lethbridge alumnus Ed McNally is providing a $4,000 scholarship to every graduate nursing student at the school. So far 30 nursing students have benefited from the scholarship. METRO NEWS SERVICES

Workology

Moore in Sault

Oscar-winning filmmaker Michael Moore stopped by Sault College before the federal election to interview and film local politicians taking part in an all-candidates debate at the college's bar. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Baking secrets spilled

Master cake designer decides to teach her craft to the world

RAFAEL BRUSILOW
for Metro Canada

Small Business

Most people just like to eat cakes but master cake designer Bonnie Gordon wants to teach people to create cakes that are breathtaking works of art.

As Canada's most renowned wedding cake designer, Gordon is hanging up her professional apron to open the Bonnie Gordon School of Cake Design in Toronto and pass on her passion to eager students.

"My goal right now is to nurture and mentor the next generation of cake designers. Now I get pleasure from seeing my students succeed," Gordon said.

Along with her numerous awards and appearances of her cakes in magazines, Gordon also designed all the wedding cakes in the 2005 movie The Perfect Man with Heather Locklear and Hillary Duff. Gordon describes cake design as a combination of sculpture and painting with a love of food and creative beautiful things and says anyone with a desire to sculpt eye-popping cakes can do so with the right instruction.

"I think most people are creative — they just need an opportunity to tap into their creative side."

Gordon's school offers a plethora of programs on all aspect of confectionary design, from baking and decorating cupcakes and cookies all the way up to the creation of stunning one-of-a-kind masterpiece wedding cakes worthy of a happy couple's most important day. The school also offers courses on the business of dessert making for people who want to take their artistry to the next level — a phenomenon Gordon says she's increasingly seeing as people decide to supplement their income by delving into their passion for baking.

> **"I think most people are creative — they just need an opportunity."**
> Bonnie Gordon

Unlike many culinary schools however, the focus at Gordon's school is on highly paid and highly creative custom design work — unique, handcrafted wedding cakes and cookies that transcend their roles as pieces of gastronomy and attain the level of admirable art.

The school is self-funded by Gordon and opened officially in April of this year but Gordon has been running individual classes for the past three years in wedding off-seasons as a test run for gauging the financial viability of a confectionary school.

Not one to dive headfirst into untested waters, Gordon admits she's a cautious person by nature despite also being a self-proclaimed life-long entrepreneur. She says her experiences have taught her preparation and timing have to be right for a new business venture to succeed.

"I was very aware of not going into debt to get the school running," she said.

Now that she's taken off her chef's jacket and taken on the role of teacher, Gordan says she has no reason to hide her techniques.

"People making cakes don't reveal all their secrets because they don't want to be copied. I have no secrets," Gordon said.

RAFAEL BRUSILOW/FOR METRO CANADA

Bonnie Gordon poses with one of her cakes, above; and instructs a student at her confectionary school, which opened just this April, below.

RAFAEL BRUSILOW/FOR METRO CANADA

Work/home spouses jealous?

STUDY Do you feel like you're married to your job? How about your co-worker? One-in-ten (11 per cent) workers said they feel like they have a work spouse (someone who they are not married to, but feel like they are married to at the office). Among these workers who are married, 20 per cent reported that their actual spouse or significant other gets jealous of their platonic work spouse and another 17 per cent said they had to compromise something at the office to protect their work spouse. This is according to a CareerBuilder.com survey of more than 6,194 workers nationwide.

When asked to identify their favorite platonic work couple in the entertainment industry, workers provided the following ranking:

1. REGIS AND KELLY
2. DAVID LETTERMAN AND PAUL SHAFFER
3. JAY LENO AND KEVIN EUBANKS
4. MEREDITH VIEIRA AND MATT LAUER
5. HOWARD STERN AND ROBIN QUIVERS
6. JUDGE JUDY AND PETRI BYRD
7. CONAN O'BRIEN AND MAX WEINBERG
8. THE LADIES OF THE VIEW
9. DIANE SAWYER AND CHRIS CUOMO
10. JIMMY KIMMEL AND GUILLERMO DIAZ
11. HARRY SMITH AND JULIE CHEN
12. BILLY BUSH AND NANCY O'DELL

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Mount Allison opens residence for pets
In a partnership with the local SPCA, Mount Allison University in New Brunswick has opened up a student residence, known as "Animal House," to pets awaiting adoption. METRO NEWS SERVICES

Job seekers get creative to make an impression

As the job market tightens, job seekers are becoming more creative in their efforts to attract the attention of potential employers. One in ten hiring managers (12 per cent) surveyed by CareerBuilder.com reported that they are seeing more job seekers try unusual antics to capture their attention in 2008 compared to previous years.

Some of the most memorable tactics identified by these hiring managers include:

- Candidate advertised on a billboard.
- Candidate carried around a sign that said, "Will work for paying bills."
- Candidate brought a broom to the interview to "clean up the waste and corruption in the office."
- Candidate wore a shirt to the interview that said, "Please hire me."
- Candidate showed up with breakfast for the employer every day until hired.
- Candidate approached the hiring manager in a restroom.
- Candidate sent a giant cookie with "Hire Skip" written in frosting on it.
- Candidate parked outside of the office building with a sign that read "Seeking employment."
- Candidate wrote a poem about why she wanted the job in her cover letter.
- Candidate promised to give the employer a foot massage if hired.
- Candidate noticed the employer wrote a blog about a particular restaurant. She persuaded the restaurant to put her name on the menu so the employer would see it the next time he ate there.
- Candidate created an electronic resumé with flash animation and musical score.

A candidate for a job once brought a broom to the interview to "clean up the waste and corruption in the office."

"Candidates have a short window to make a lasting impression on potential employers," said Jason Ferrara, senior career advisor at CareerBuilder.com. "Those who apply resourcefulness and an inventive approach to their job search may have a better chance of standing out in the minds of hiring managers. The key is making sure you are maintaining an appropriate balance of creativity and professionalism so you are remembered for the right reasons."

The survey was conducted online by Harris Interactive on behalf of CareerBuilder.com among 3,388 hiring managers and human resource professionals (employed full-time; not self-employed; with at least significant involvement in hiring decisions) ages 18 and over.

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Carell in talks to play Bobo

Steve Carell is reportedly in talks to resurrect the work of late comic Peter Sellers. Carell is said to be negotiating a deal to remake the 1967 film The Bobo, which originally starred Sellers and Britt Ekland, with himself in the lead role. IMDB.COM

Entertainment

Bourne again

Matt Damon is to star in a fourth Bourne movie. The actor is reportedly set to return to the role of the amnesiac spy Jason Bourne, with director Paul Greengrass again at the helm. FEMALEFIRST.CO.UK

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Perfect storm

Keane album drops as financial crisis hits

BRYAN BORZYKOWSKI
for Metro Canada

It's tough to imagine that America's crumbling economy would affect a giant rock band like Keane, but even they're worried that people will forgo buying their new disc and download it for free instead.

"As the group's drummer I think people should pay for music," says the London-based trio's beat keeper Richard Hughes. "But I understand that some people won't be able to afford it.

"It's a bit like Barack Obama when he says health care is a right, not a privilege. Well, music is a right and I'd rather people hear it than not."

The fact that the world's love of excess and overspending is coming to a shocking halt right as the band releases its third album, Perfect Symmetry, is an odd coincidence, since the new music touches on these themes.

"The record is about this kind of stuff," he says. "We know we're pissing away billions of pounds on bombs and guns and warships. We should be building better hospitals and homes for the people who walk around London that don't have homes."

While lyrics such as "maybe you find, life is unkind and over so soon, there is no golden gate, there's no heaven waiting for you," from the title track is dark, the music is anything but. In fact, Keane have transformed themselves from a brooding, piano-driven band into upbeat '80s rockers.

Hughes says Keane is just trying new things. "We've always loved bands that surprise you with their next record," he says, citing David Bowie, Talking Heads and Depeche Mode as influences. "Take Radiohead. They're always trying to do something bolder and different each time. It's difficult to do, but once you establish yourself you can do it and it gives you total freedom."

While it's important to note the new tools in the band's musical arsenal, you can't help but listen to the album and think of the elephant that's still in the room: singer Tom Chaplin's addiction.

ALEX LAKE/UNIVERSAL MUSIC

Perfect Symmetry, the new album from Keane, is now available.

The singer went to rehab in August 2006 to kick an alleged drug habit that made recording their last album, Under The Iron Sea, extremely difficult. The band avoided the topic on the new disc, because to them the story is old news.

"It's all over the music on the second album," admits Hughes. "It was a very dark record, and by now it feels like ancient history."

During the most trying times of Chaplin's addiction, Hughes wasn't sure the band would continue on. But they have, which might explain the happier sounds emanating from the new disc. "We enjoy playing together again," he says. "It was as if we broke down, got fixed and then we were sent on our way."

Fashion icon Mr. Blackwell dies in L.A.

Mr. Blackwell

PEOPLE Mr. Blackwell, the acerbic designer whose annual worst-dressed list skewered the fashion felonies of celebrities from Zsa Zsa Gabor to Britney Spears, has died. He was 86.

Blackwell died Sunday of complications from an intestinal infection, publicist Harlan Boll said.

Blackwell, whose first name was Richard, was a little-known dress designer when he issued his first tongue-in-cheek criticism of Hollywood fashion disasters for 1960 — long before others turned such ridicule into a daily affair.

Year after year, he would take celebrities to task for failing to dress in what he thought was the way they should. THE ASSOCIATED PRESS

George goes green

JIM REYNO
Metro Canada

Do you have the time, ability and resolve to do one million things to help the environment? Probably not. But surely, you have the time, ability and resolve to do just one.

Stroumboulopoulos

That's the point of One Million Acts of Green — a nationwide environmental campaign that kicks off tonight on CBC TV's The Hour with George Stroumboulopoulos.

"It's not about changing the world, it's about people changing their world," Stroumboulopoulos said in an interview in his office. "This is for the people who would actually like to do something. That's it. This isn't about changing attitudes."

Here's how it works. All you have to do is commit one "green" act (or more) and register on the One Million Acts of Green website (onemillionactsofgreen.com). The site launch will coincide with The Hour broadcast at 11 p.m. local time tonight.

The idea is to get at least one green act from each individual, amassing to a million. Once you've registered your act, you can see the positive effect you're having by using the green calculator designed by GreenNexxus.

"There's a carbon calculator, so you'll see the impact," he said. "You actually have a takeaway value, so you know what you've done."

What's a green act? It's switching to compact, fluorescent light bulbs. It's walking or biking to work. It's buying locally grown organic food instead of prepackaged, products that are bad for the environment.

"It's turning off the water when you're brushing your teeth," he suggested. "That, actually, I believe, has a bigger impact than a lot of the stuff that people would think of doing."

Stroumboulopoulos said the website will be the "hub" of the One Million Acts of Green campaign.

"You can come to this portal and we'll show you a couple of the easy ways where you can participate, and then commit an act," he said.

One Million Acts of Green will run over The Hour's entire season, through June. "I think we can get it done by spring," he said about hitting the one million mark. "We have reached out of all of the communities, school boards, provinces. We've reached out to so many people, and the reaction has been remarkable."

Smith top pick to play Obama
Actor Will Smith has topped a Virgin media poll as the person most likely to play Democratic presidential nominee Barack Obama in a film of his life. FEMALEFIRST.CO.UK

Making a statement

Two designers tackle fashion's diversity issues

Toronto Fashion Week "unofficially" kicked into gear last week with a hot-button topic that has sizzled on the international fashion scene this year.

The Greta Constantine show, designed by Kirk Pickersgill and Stephen Wong, featured a finale with six models in brightly coloured jersey gowns. They posed on the mirrored runway against a backdrop of 10 buff male models dressed in tiny swimsuits.

Once the packed crowd at Circa nightclub took in the eye-catching tableaux — the revealing bathing suits, the sublime goddess gowns — an additional dramatic juxtaposition became clear.

The six female models were black.

Was it a smart inclusive gesture in this multi-cultural city? Was it tokenism? Or just another fashion-show gimmick?

AARON HARRIS/TORSTAR NEWS SERVICE

Designers Kirk Pickersgill, left, and Stephen Wong.

"We are just keeping up with the Joneses. Vogue did it. Why not us?"
Kirk Pickersgill on using only black models in his show

It's a question that had to be asked, since the fashion world has recently been under intense scrutiny for its lack of diversity on the runways.

This past summer, Italian Vogue magazine brought the issue to the forefront with an entire issue that featured only black models.

Despite Vogue's push, little changed on the runways of New York, Milan and Paris last month during the presentation of the spring/summer 2009 collections.

So, to present six black models in a row, at one show, seemed to be a statement.

"We didn't do it for shock value," says Pickersgill, a few days after the show. "We had six of those coloured gowns and we thought, 'Who would look good in these?' And we knew — dark skin."

"We were thinking also of the heyday of Yves Saint Laurent and Givenchy, in the '70s, when they would use lots of black girls because those colours looked better on them."

But finding black models proved somewhat difficult, he said. "We requested from the agencies but not many were available, obviously there's not enough black girls in the agencies, which is very surprising in a multicultural city like Toronto."

Pickersgill shrugged off the possibility he and his design partner were making a political point.

"We are just keeping up with the Joneses. Vogue did it. Why not us?"

TORSTAR NEWS SERVICE

On the runway

L'Oréal Fashion Week fashion shows at Nathan Phillips Square:

- 10 a.m.: To be announced
- 2 p.m.: Diesel Kid
- 3 p.m.: Jason Meyers (The Studio)
- 4 p.m.: KARAMEA (The Studio)
- 5 p.m.: Aqua di Lara (The Studio)
- 6 p.m.: NADA
- 7 p.m.: Joeffer Caoc (BIO)
- 8 p.m.: bustle
- 9 p.m.: David Dixon presented by The Bay

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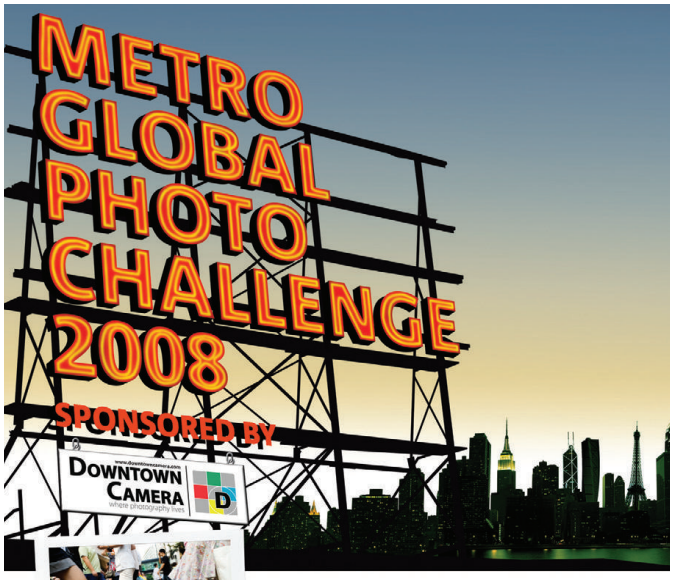

Street dancing? Graffiti? Wild nights?

Clean your camera lens and get snapping on the theme of **'Urban Jungle'** and take part in the Metro Global Photo Challenge. The best photo will **win a 5 day trip for two to Paris, a cash prize of $2,000 CDN** and the publication* of their portfolio across 21 Metro editions worldwide, reaching 20 million readers.*
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Eastwood lays down the law
Clint Eastwood wants death penalty punishments for heinous crimes against kids. IMDB.COM

Family allegiances put to test in Pride and Glory

STEVE GOW
for Metro Canada

It's interesting enough that the new cop drama Pride and Glory was made by filmmaking-brothers, Gavin (director) and Gregory (producer) O'Connor. Perhaps more intriguing however is their story about a family of corrupt NYPD police officers is loosely based on their experiences growing up the sons of a cop.

"I definitely think that Gavin's family history and his intimacy with the police and the dynamics, they were very meaningful to him and his brother," says star Edward Norton during a recent interview in Toronto. "I think they felt an intensity to create a feeling of authenticity and I admired that."

"They really wanted to make this a reflection of the NYPD," adds co-star Noah Emmerich. "I'm not talking about the plot in terms of corruption or whatnot; I'm talking about the characters and the ambience."

For the sake of the NYPD, it's probably best he's not talking about the plot. Pride and Glory — in theatres Friday — features Norton as Ray Tierney, an investigator who learns his brother (Emmerich) and brother-in-law (Colin Farrell) may be involved in the coverup of a drug bust-gone-wrong.

As the evidence mounts, Ray must eventually decide who he's more loyal to — his family or the NYPD. "I think brotherhood is such a central theme to the film — how you negotiate your allegiances to yourself and to those around you," says Emmerich. "Where your loyalties fall and how do you compromise them in order to make it all work."

"Brotherhood is such a central theme to the film — how you negotiate your allegiances to yourself and to those around you."
Noah Emmerich

A drama that relies on some intense character work, it's a movie that also fits actors like Norton and Farrell like a glove. More surprising is the stellar performance of relative unknown Emmerich (Little Children) who steals several scenes from his more-famous cinematic brethren as a tortured man who may be ultimately responsible for the scandal.

"I've always liked Noah's work. He went into an entirely new place for him in this," says Norton of his co-star. "Noah's character is really interesting because he's rolling around in that area of a person who's not being actively criminal but who's committing the crime of omission or of looking the other way and rationalization; that's a very nuanced thing to play and I think he's beautiful in it."

The Golden Compass loses economic lustre
The two planned sequels to hit movie The Golden Compass have become Hollywood's first major victims of the current economic crisis — production on the movies has been put on hold indefinitely. IMDB.COM

The comical son returns to poke fun at T.O.

BRYAN BORZYKOWSKI
for Metro Canada

For most of the year Canadian comedian Seán Cullen is on the road, either travelling around the country or — since his appearance on Last Comic Standing this summer — pitching TV show ideas to big wig execs in L.A. Still, his heart remains in Toronto.

"I've lived here for about 20 years," says Cullen, who just came back from California the day before we spoke. "I have a house in Parkdale, which is a great area. There's lots of strange places and interesting folk."

Cullen's affection for the T-Dot is so strong that tomorrow he's performing at the Danforth Music Hall for Accent On Toronto, a comedy show about the city.

"You have to look at all incongruous things about Toronto," says Cullen, explaining how he's going to poke fun at Ontario's capital. "It's funny to see a Leafs game where everyone's sitting on their hands or drinking in their private booths, then you go to a Toronto FC game and it's total mayhem."

Playing a show in Toronto about Toronto is especially exciting for Cullen, since he's spent most of his summer on the hit American TV show Last Comic Standing. The former Corky and the Juice Pigs singer finished 6th, not bad considering his brand of comedy is vastly different from the more typical comedic style of his competitors.

"What I do is challenging for the average American. They don't really get it." Seán Cullen

"What I do is challenging for the average American. They don't really get it," says Cullen, who tells wacky oddball stories. "Iliza Shlesinger won with straight ahead comedy — 'do you people like drinking? Ever woke up hung over?'"

Some might wonder why Cullen was even on the show in the first place. He's already had a successful career in this country, playing numerous Just for Laughs festivals, even creating The Seán Cullen Show for CBC. Despite his success, though, he's never been able to crack the American market, something he's always wanted to do.

"In Canada I go into a Starbucks and people say they love my stuff. That's never happened in the States until after Last Comic Standing. It's an indication you penetrated the market."

Despite all the attention he's getting from down south — with new work writing film scripts, auditioning for pilots, developing TV shows and his collection of children's novels, Hamish X — it's in Toronto where he wants to keep his permanent home. "In L.A. you have a car and everything is by appointment," he says. "'Let's have a drink together, you drive and I'll drive.' Toronto's a lot easier that way."

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Studio snub

Actor Terrence Howard has slammed reports that he pulled out of a planned sequel to superhero blockbuster Iron Man over a pay dispute, insisting he was reportedly snubbed by movie bosses. IMDB.COM

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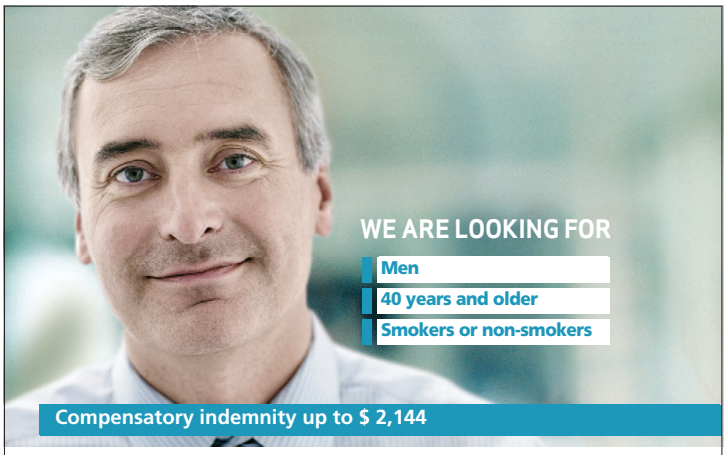

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DVD picks

The Incredible Hulk

Director: Louis Leterrier
Rating: PG

WHILE SUPERIOR to its cerebral 2003 predecessor, this movie is at best a diversion rather than engrossing entertainment.

Director Louis Leterrier (The Transporter) gets back to comic-book basics, delivering enough chases and smackdowns with an all-new cast to satisfy many a fanboy, despite some humdrum CGI work.

But the lack of character shading suggests Marvel Studios went too far in distancing itself from Ang Lee's Hulk, the much-reviled 2003 version that was all angst and little action.

The movie retells the origin story on the fly — radiation bombards scientist Bruce Banner (Ed Norton), making him big, green and mean. He's hunted by cigar-chomping General "Thunderbolt" Ross (William Hurt) and Hulk wannabe Emil Blonsky (Tim Roth)), so he does what any sensible radioactive fugitive would do: he hides in a Brazilian slum and gets a job bottling lime-green soda pop.

In-between work shifts, Banner tries to figure out how to separate the Hulk's DNA from his own and pines for his lost love, a cellular biologist named Dr. Betty Ross (Liv Tyler), who looks like she's not really a scientist but just plays one in the movies.

Available in single-disc, triple-disc and Blu-ray packages, depending on how green you want to go.

TORSTAR NEWS SERVICE

Casino Royale

Directors: Val Guest, Ken Hughes, John Huston, Joseph McGrath, Robert Parrish
Rating: PG

THE ORIGINAL Casino Royale was a 1967 travesty that might have killed the budding James Bond franchise, had anyone taken it remotely seriously. Not to be confused with the superb 2006 film by the same name that gave Daniel Craig his license to kill, this original roll of the Casino dice is now hailed as a study in camp excess.

Roger Ebert, who debuted as a movie critic that same year, described it as "a definitive example of what can happen when everybody working on a film goes simultaneously berserk."

Producer Charles K. Feldman thought he'd struck gold when he landed the rights to Ian Fleming's original 007 novel. But the official Bond producers refused to play ball, so Feldman opted for parody, with David Niven playing a retired ex-Bond who is called into service for one last hurrah. Niven's gambit is to create multiple 007s, both male and female, to sow confusion — but that trick only worked with the baffled audience. Here's that rare DVD where the commentaries and featurettes are more interesting than the movie itself.

TORSTAR NEWS SERVICE

Spamalot coming to a close
Monty Python's Spamalot is to end its successful Broadway run in January. IMDB.COM

Spellers hit the stage

ROBYN YOUNG
for Metro Canada

Host Evan Soloman chats with contestant Katie Martin, 12, from Toronto, on CBC's new series, Canada's Super Speller.

"S-A-R-C-O-P-H-A-G-U-S," 12-year-old Katie Martin rhymed off over the phone in a millisecond, pointing out there is no F in the word as some may mistakenly believe.

The word for an ancient Egyptian corpse receptacle got the Grade 7 Toronto student through to one of the final rounds in CBC's new spelling competition/documentary series, Canada's Super Speller.

She was taking a midday break from filming at Nova Scotia's Acadia University, where she competed as one of 12 finalists in the search for Canada's best young speller.

The show began production last March and will make its television debut sometime in the coming months.

During the national finals, taped in early October, Katie and 11 others spent the week competing for the title of super speller and the prize of a $20,000 RESP.

Newsman Evan Soloman — co-host of CBC News: Sunday — ran the show and said he jumped at the opportunity to host because it encompassed his three passions: Words, competition and education.

"And this show is a celebration of people who love education, love to read, love words," he said during a phone interview.

Whether Katie was the last speller standing remains to be seen: The winner will not be revealed until the six-episode series airs and even Katie wouldn't spill the beans about which kids remained.

As far as she was concerned, though, winning the grand prize wasn't the only objective.

She said she made some great new friends from across the country, travelled to the East Coast for the first time and had more fun in one week than most 12-year-olds have in a year. "The funnest part was when they had a bouncy castle," she said with a giggle.

For information about the competition and possible air times, keep an eye on superspellers.ca.

Rapper approaches daddy duty

Rapper Lil Wayne announced during the BET Hip-Hop Awards this past weekend that his first son will be born in "a couple of days." PEOPLE.COM

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Hockey Night, Fifth Estate net Geminis

The National, The Fifth Estate and Hockey Night in Canada were among the leading winners at the Gemini Awards yesterday, when each of the CBC programs snagged three trophies at a gala event in Toronto celebrating the best in television news, sports and documentary.

The National was named best newscast, and took trophies for best reportage — for Adrienne Arsenault, Erin Boudreau and Richard Devey — and best news magazine segment for Moshe and Munir, about the unlikely friendship between a Palestinian and an Israeli. The Fifth Estate was singled out for best information series and best picture editing (for Ari Lev, Brian Mulroney: The Unauthorized Chapter), while Hana Gartner won for best host or interviewer.

Hockey Night in Canada was named best live sporting event for coverage of its annual outdoor game (Sherali Najak, Brian Spear, Doug Walton). It also won best sports feature segment for Inside Hockey: The Aud, while late commentator Don Wittman took best play-by-play announcer.

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Metcalfe may tackle jungle
Desperate Housewives star Jesse Metcalfe is heading into the Australian jungle — he's reportedly in talks to star in the British reality show I'm A Celebrity ... Get Me Out Of Here! IMDB.COM

Whither the fate of hit show Mad Men?

IntelleVision

WANTED — A FEW GOOD MEN: With barely a week left before the season finale of Mad Men, we've been reassured that the show has been renewed for a third season, though whether series creator Matt Weiner or any of the lead actors will be coming back is still up in the air.

According to a Fox News story, AMC and Lionsgate, the show's network home and producers respectively, are frantically negotiating to get Weiner on board for season three, which is probably a big part of any deal they'll have to make with Jon Hamm, John Slattery, or the rest of the show's cast, none of whom apparently signed up past two seasons of what, back before it hit the air, was probably a neat but iffy-looking project.

"Hamm in particular poses a problem since he's turned into a huge breakout star," the Fox News story speculates. "If Mad Men ended right now, the 36-year-old actor could go to movies and easily become the next George Clooney."

The latter sounds like a bit of a stretch; though Hamm has ably inhabited the enigma that is Mad Men's Don Draper — this past Sunday's episode certainly proved that — and is an undeniable factor in the show's success, there's no reason to believe his transition to the big screen is a sure thing.

The Fox News story probably had it right, however, when they stated that renegotiating Hamm's contract is "going to cost them more than they've probably ever paid for anything."

The same goes for Weiner, though it might be overreacting to imagine the odds are decent that AMC will come up short and end up sending Lionsgate to talk to another network — such as HBO, for instance, who would "pay just about anything to take it given their disappointing schedule right now."

This might be undeniably true, but it just sounds like wishful thinking overall. HBO legendarily turned down the show before Weiner, a writer on HBO's The Sopranos, took it to AMC, who were looking to get into the drama market.

Acquiring Mad Men might give HBO its mojo back, though it might just as easily make the once-untouchable quality cable leader look like it's been reduced to taking an upstart network's sloppy seconds.

In any case, it's unlikely that AMC will give up the show that easily, and fall back on Breaking Bad as its marquee title, especially after the money they've invested in promoting the show over the summer.

I've despaired about the return of Mad Men for a third season before, but its survival has never looked more certain, even despite contingencies such as the (always reliable) greed of agents with the upper hand.

Which is why it's strangest of all for the Fox News piece to insist that the show's plot lines will be mostly resolved this Sunday, "in case there aren't any more." Sending all the characters and their ongoing issues to ground isn't remotely possible at this point, and the idea that everyone involved would walk away from the show at this point suggests an eruption of fickleness and pique that not even Hollywood could manage in any but its most perverse moods.

Rick McGinnis writes about music, movies, books and television, but not opera.

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TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/21/08	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		East West 101 (N)		Chinese School "Loved Ones"		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House "Lucky Thirteen"		90210 "Lucky Strike"		Kitchen Nightmares		News (N)
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere III	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Opportunity Knocks (N)		Privileged (HDTV) (N)		NY-Hollywood	Friends	News (N)
	212	313	8	CTV	etalk	Hollywood	Criminal Minds (N)		Dancing With the Stars		Law & Order: SVU		News (N)
	218	345	11	E!	The Insider (N)	E! News	The Biggest Loser: Families (N)				Pam: On Loose	Sunset Tan	News (N)
	137	763	13	TFO	Panorama		Canada	Villages	*Les Cousins* ★★★ (1959, Drame) Gérard Blain.				Carnets d'ex
	-	-	14	-	Cold Case		News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	*Benny & Joon* ★★★ (1993, Romance) Johnny Depp.				To Serve and Protect		Grill Rm.
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Nine Lives" (N)		The Mentalist (HDTV) (N)		Without a Trace (N)		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser: Families (N)				Law & Order: SVU		News
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Opportunity Knocks (N)		Dancing With the Stars		(10:01) Eli Stone (N)		News
	219	346	20	ACH-B	Robson Arms	TMZ (N)	Pushing Daisies (N)		Fringe "The Cure" (N)		(10:01) Eli Stone (N)		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	House "Lucky Thirteen"		Fringe "The Cure" (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Keeping Up	Nova (HDTV) (N) (DVS)		Frontline Big business and the environment. (DVS)				Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 "Lucky Strike"		Privileged (HDTV) (N)		CW11 News at Ten		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	90210
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Mad, Bad & Ugly Drivers		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Wall Street Crisis: Is Your Money Safe?				On the Money		The Big Idea With Deutsch		Mad Money
sports	405	417	22	net	Billiards US Open 9 Ball 2008.		World Combat League		Best Damn Sports Show		Sportsnet Connected		Hockey Central
	400	400	30	TSN	NHL Hockey Anaheim Ducks at Toronto Maple Leafs. (HDTV) (Live)					NHL Hockey Washington Capitals at Calgary Flames.			
	411	457	58	OLN	Amazing Race	Videos	Survivorman		Angry Planet	Flying Doctor	Which Way to... "Luxor"		Pilot Guides
	417	406	81	SC	Pinks (HDTV)	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks
family	551	542	25	YTV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Mystery Hnt.
	554	544	45	TEL	Grim Adv	Ghosts-Scooby	Ghosts-Scooby	6teen	Total Drama	Futurama	American Dad	Robot Chicken	Rick & Steve
	556	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Three Fat Brides		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	570	580	29	MM	Degrassi: Next	Instant Star	disBand	Technical Diff.	So You Think You Can Dance Canada Top 18.				Dance
	615	520	31	A&E	The First 48 (HDTV)		The First 48		The First 48 (HDTV)		The Rookies	The Rookies	Jacked: Theft
	700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	48 Ore		Raymond	Raymond	George Lopez
	571	581	36	MMM	mmmtop	Where You At	MuchMoreMusic Live		Listed		Don't Forget the Lyrics!		Party of Five
	575	583	38	CMT	Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	616	521	39	SHO	About a Girl	About a Girl	The Best Years (DVS)		Testees	Trailer Park	The Shield		House
	620	523	40	BVO	Desperate Housewives		Live at the Rehearsal Hall		Road to Baleya		Rockabilly 514		Law & Order
	601	562	41	SLC	End of Leash	ET Canada	Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori & Dean: Home		Wedding SOS
	522	506	43	HIS	NCIS "Bete Noir"		Outlaw Bikers		Ax Men		NCIS "Bete Noir"		Crime Stories
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	294	529	47	TBS	House-Payne	House-Payne	*Set It Off* ★★★ (1996, Action) Jada Pinkett.				Dream Makers		Family Guy
	576	582	49	BET	106 & Park	*ATL* ★★ (2006, Comedy-Drama) Tip "T.I." Harris, Lauren London.					Somebodies	Somebodies	Judge Karen
	627	528	50	SPC	Lost		Star Trek: Next Gener.		Battlestar Galactica		Rabbit Fall	The Circuit	Stargate SG-1
	581	566	52	MTV	Busted-Girls	After	MTV News	Cribs	Paris Hilton's My New BFF		Paris Hilton's My New BFF (N)		MTV Live
	618	524	54	TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	603	561	56	FOOD	The Main	Chef at Home	Restaurant Makeover		The F Word Food and fertility.		Chef School	At the Table	Restaurant
	261	394	60	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		The Nature of Things		MythQuest
	621	527	63	STR	The Ellen DeGeneres Show		TMZ (N)	etalk	The Tonight Show-Jay Leno		Paris Hilton's My New BFF (N)		TMZ
	553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	Big Comfy	Rolie Polie Olie	Beren. Bears
	115	711	101	TVA	Occupation	Vidéos	Histoires-filles	Caméra café	La Promesse (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct sur l'économie		Le Téléjournal
	526	507	249	CLT	Judging Amy		Killer Next Door		Missing Link		Mysterious Ways		Judging Amy
	300	601	301	M1	*Burning Mussolini* (2008, Crime Drama) Peter Outerbridge.				*Transformers* ★★★ (2007, Action) Shia LaBeouf, Tyrese Gibson.				
	305	612	306	PIX	(7:15) *Gridlock* (1996, Suspense) David Hasselhoff.				*Zoolander* ★★ (2001, Comedy)			*Hard Core Logo* (1996)	

critics' corner

Corner Gas
Possession is how much of the law? In "Telescope Trouble," Wanda (Nancy Robertson) has just purchased a new telescope and is desperate to keep it from getting stolen. Meanwhile, Brent (Brent Butt) has an interesting time trying to find a repairman to fix an automatic door. Emma and Oscar (Janet Wright, Eric Peterson) decide to go camping in a nontraditional place. 11:30 AM on COM

The Tudors
No more His Majesty Mr. Nice Guy. Disgusted by his repeated failed attempts to get the Catholic Church to annul his marriage to Katherine, Henry (Jonathan Rhys Meyers) cuts all ties with the Vatican, putting Lutheran Thomas Cranmer (Hans Matheson) in charge of the Church of England. He also strips Katherine (Maria Doyle Kennedy) of her title and weds Anne (Natalie Dormer) in secret in this new episode. 9 PM on CBC

Thurman's ride
Actress Uma Thurman has found a nifty way to get around London's busy roads — she's bought herself a scooter: a bright green Vespa. IMDB.COM

Celebrity Buzz

Madge to stay in London

BREAKUP Madonna has vowed to stay in London despite the breakup of her marriage, femalefirst.co.uk reports.

The singer was expected to return to the United States after the breakdown of her nearly eight-year marriage to director Guy Ritchie, but reportedly wants to remain in London for the sake of the three children they raise together: Lourdes, 12, Rocco, 8, and David, 3.

"Everyone expected Madonna to go and live in New York, taking the children with her. But despite some of the unhappy memories that London holds, she still feels that it's the best base for the kids," a source told Britain's Daily Mirror newspaper.

"They are very happy at their school and she doesn't want anything to interfere with that. London still has a massive hold on her and it's hard to just shake off."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Kidman a rancher at heart

PEOPLE Actress Nicole Kidman has purchased a cattle ranch in Australia after she learned how to be a cowgirl while shooting her new movie, imdb.com reports.

The Oscar-winner stars alongside Hugh Jackman in new film Australia, and had to herd cows for her role in the film.

Kidman insists that despite her initial reservations about the gruelling stunts, she now loves the lifestyle so much she has bought her own ranch.

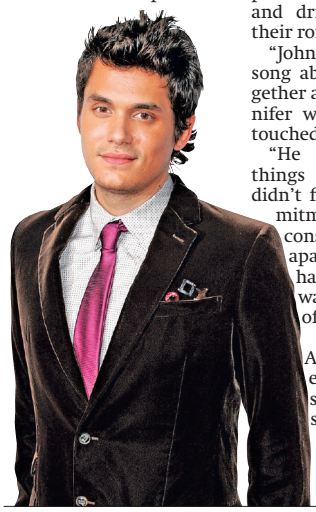
"I was terrified beforehand," she says. "I even had to learn how to cut cattle. But once you master it it's so much fun. Now I can crack a whip, herd cattle, cut a cattle out of the herd, which is amazing. I can't believe I can do it.

"I've bought a company out in the country outside of Sydney. We don't have to muster them though, because there's only 40. They are basically on the property to keep the grass short."

METRO NEWS SERVICES

Mayer writes love song to woo Aniston back

RELATIONSHIPS John Mayer reportedly wooed actress Jennifer Aniston back by writing her a love song, femalefirst.co.uk reports.



The singer, who called off his three-month relationship with Aniston in August, also reportedly promised to quit smoking and drinking to cement their romance.

"John has even written a song about their time together and played it to Jennifer who was incredibly touched," a source says.

"He initially called things off because he didn't feel ready for commitment. But after a considerable time apart, his priorities have changed and he wants to make a go of things."

After their split Aniston was reportedly so devastated she refused to speak to him.

METRO NEWS SERVICES

celebrity briefs

Like mother, like daughter

PARENTING Tom Cruise and Katie Holmes' two-year-old daughter Suri has her own dressing room at the New York theatre where the actress is making her Broadway debut, imdb.com reports.

Holmes is combining her run in Arthur Miller's All My Sons with her role as a mom, and has kitted out a room backstage at the Gerald Schoenfeld Theatre, so Suri is never bored.

"It's a great schedule, because (Suri and I) get to spend the whole day together and then I go and do the play. Then I come home and we play some more," Holmes says. "We have a dressing room that is transformed into a playroom. It has a little piano."

METRO NEWS SERVICES

celebrity briefs

Stone speaks out about ageism

AGING Turning 40 was a big deal for Sharon Stone because suddenly movie roles and freebies reportedly dried up, imdb.com reports. The actress admits she was looking forward to becoming a 40 something back in 1998, but ageist attitudes to Hollywood stars left her floored. "I thought ... 'I'm fantastic and sexy and amazing,'" she tells More magazine. "(But) it was like 'You have leprosy.' I couldn't get a dress or a job." She bounced back with acclaimed roles in the movies Casino, Broken Flowers and Bobby, and turned 50 this year.

METRO NEWS SERVICES

Even Bond goes grocery shopping

CASTING Daniel Craig discovered he'd be taking over from Pierce Brosnan as superspy James Bond while grocery shopping in Baltimore, Md., imdb.com reports.

The actor was in a Whole Foods supermarket when Bond producer Barbara Broccoli called to tell him he was the next 007.

"She went, 'Over to you kiddo,' so I put down the groceries, went straight into the liquor store, bought a bottle of vodka and got smashed," he reportedly said.

METRO NEWS SERVICES

Jolie talks motherhood
Mother-of-six actress Angelina Jolie will reportedly quit acting as soon as it starts to affect her role as a parent. "As long as I can be with my family, it's fun," she said. IMDB.COM

Celebrity Buzz

Punctuality not Aniston's strong point

PEOPLE Actress Jennifer Aniston received a scolding by a Los Angeles elementary school principal late last week when she turned up late to talk to pupils about the importance of water nutrition, imdb.com reports.

The former Friends star is a spokeswoman for vitamin enhanced bottled drink Smartwater, and she dropped into Cahuenga Elementary School to take part in a special question-and-answer session about the benefits of water with the kids.

But, after showing up a few minutes late, school head Lloyd Housky told her, "As a school principal, I need to tell you that you cannot keep our children waiting."

Aniston admitted punctuality was never her strong point, replying, "I understand. I got that message from my principal when I was going to school, too."

METRO NEWS SERVICES

Farrell talks to Ellen about drugs, alcohol

ADDICTION Colin Farrell is speaking out about his battle with drugs and alcohol, calling himself "lucky" for surviving his battle with addiction, usmagazine.com reports.

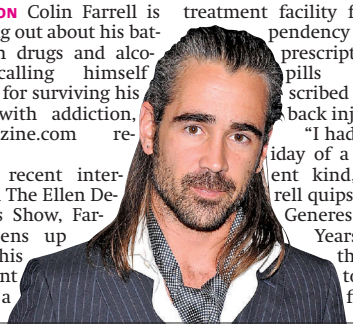
In a recent interview on The Ellen DeGeneres Show, Farrell opens up about his 2005 stint in a treatment facility for dependency on prescription pills prescribed after a back injury.

"I had a holiday of a different kind," Farrell quips to DeGeneres.

Years later, the actor confirms that while his sobriety was initially a "white-knuckle case of necessity," it's now a way of life.

"(I've had) a massive life change, from someone who was drunk for 15 years and high for a good few as well, and just cut that out of my life," Farrell says. "I had nowhere to hide but kind of stare in the mirror."

METRO NEWS SERVICES



Bundchen rumoured to be planning wedding

RELATIONSHIPS Supermodel Gisele Bundchen has sparked rumours she is set to marry football star Tom Brady after reportedly planning a wedding reception at a New York restaurant, imdb.com reports.

Bundchen began dating the New England Patriots star shortly after her highly-publicized 2005 breakup from actor Leonardo DiCaprio.

The pairing followed Brady's own split from actress Bridget Moynahan, with whom he shares a one-year-old child.

According to the New York Post, Bundchen is in talks with party planners at the legendary Tavern on the Green in Central Park to plan the celebration following their union.

A source tells the newspaper, "They were recently there, and Brady had a long chat with (American football star) Joe Namath."

Spokespersons for Bundchen and Tavern on the Green have declined to comment on the reports.

METRO NEWS SERVICES

celebrity briefs

Johnston admits she was 'too thin'

HEALTH Actress Kristen Johnston, who admits she was "way too thin" earlier this summer when she dropped 60 pounds following a burst ulcer, told Usmagazine.com, "I've gained about 20 pounds."

At her skinniest, the six-foot-tall Johnston weighed 133 pounds. Now, "I'm at the weight that I should be," she said. "I've evened out now. It's a good weight for me."

Johnston told Us she put the weight on in a "normal" way. "I don't have a diet routine. I don't eat fried crap and I don't drink booze.

"I exercise from walking everywhere in New York. I feel great now. I'm really healthy."

METRO NEWS SERVICES

Posh likes white

CELEBRITY It's all white for Victoria Beckham, PageSix.com reports.

The former Spice Girl arrived at the ME Madrid Hotel — in the city where she once lived with husband David Beckham — a few mornings ago to a room custom-arranged all in white.

"She arrived with all her team from Germany in a private jet," said an insider, "and her assistant asked that her suite have only white colours in it." White candles and white roses were reportedly among the particular decorations in the suite.

METRO NEWS SERVICES

Lohan's temper tested

RELATIONSHIPS Actress Lindsay Lohan's temper was tested after her girlfriend DJ Samantha Ronson reportedly ignored her during a heated lovers' quarrel, imdb.com reports.

The pair refused to speak to one another en route to Washington recently after Lohan spent the train ride complaining of her staff, according to the New York Post.

A source tells the newspaper Lohan shouted at Ronson: "I do what's good for you, not what's best for both of us."

Lohan later continued the tongue-lashing, reportedly yelling at Ronson: "Don't f---ing lie to me!" to the dismay of nearby passengers.

Sources add Lohan was "whining incessantly and Samantha was trying to deflect it."

METRO NEWS SERVICES

Ramsay to open cooking school

PEOPLE Celebrity chef Gordon Ramsay is to open his own cooking academy for young apprentice chefs, six years after Jamie Oliver started his Fifteen restaurants, the Daily Mirror reports.

Ramsay says his new school will find the future Michelin stars. The best of the bunch will get fast-track chances to run his top eateries.

"We will launch our academy next year after buying the Tante Marie — the first ever cooking school in (England)," Ramsay says. "I'll bring back apprentice training on a national scale. And if anyone proves good enough at 25, they'll be running my kitchens."

METRO NEWS SERVICES

Paris text messages Prince William

PEOPLE Socialite Paris Hilton has reportedly been text messaging Prince William after meeting the second in line to the throne at a London club, the Daily Mail reports.

Hilton has reportedly invited him to the opening of her new nightclub in Las Vegas.

"Paris and Wills really hit it off in the club," says a source.

"William gave her his BlackBerry number and e-mail address after Paris thrust him hers. She then sent him a cheeky text the following day, basically saying 'thanks for a super-fun evening' … Although flattered by her attentions, William doesn't think he can justify the jaunt, and has politely turned her down."

METRO NEWS SERVICES

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Today Partly sunny 7°/ 0°
Wednesday Partly cloudy 7° / 1°
Thursday Partly cloudy 10°/ 2°

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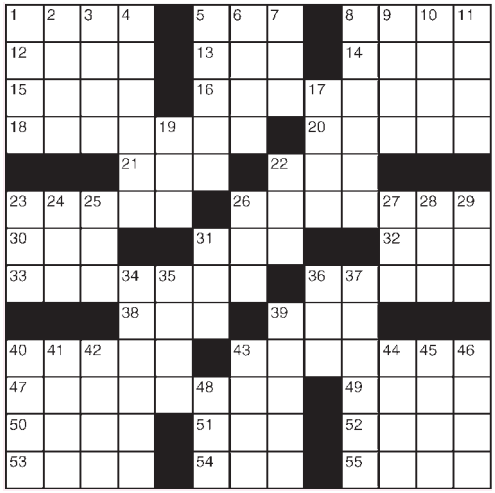


Crossword across

1 Body powder
5 Heart chart (Abbr.)
8 Heavy reading
12 — -friendly
13 That woman
14 Mimic
15 Boyfriend
16 Lincoln biographer
18 Bedtime visitor
20 Facilitates
21 Parched
22 Way out there
23 Approves
26 Happy Gilmore portrayer
30 Lair
31 Bushy-tailed critter
32 Raw rock
33 KFC colonel
36 Stick in the mud?
38 Whatever number
39 Old New Zealand bird
40 "A Bell for —"
43 Summer footwear
47 Dagwood's specialty
49 Coagulate
50 "American —"
51 West of Holly-wood
52 "— Named Sue"
53 Top-rated
54 Schedule abbr.
55 Window sheet

Crossword down

1 Vats
2 Cruising
3 Tilt
4 Gunky
5 English home-work, maybe
6 "Star Trek II" villain
7 Army bigwig (Abbr.)
8 Knight's tunic
9 Piece of work
10 Unembellished
11 Work units
17 College boss
19 "— Doubtfire"
22 Transmit quickly
23 "— bodkins!"
24 Mauna —
25 Raggedy doll
26 "Mayday!"
27 High shot
28 Before
29 Scarlet
31 Sauté
34 Bounce play-fully
35 Sufficient, in verse
36 A billion years
37 Wild and crazy
39 "Real Time" moderator
40 Europe's neighbor
41 Pedestal part
42 In due time
43 Cicatrix
44 Actress Jessica
45 Symbol of craziness
46 Eyelid woe
48 "— little teapot ..."

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

9					3	7	4	
	7			6		3	8	
6			4					1
				2			1	8
		9				5		
1	3			7				
7					5			4
	4	5		1			9	
	9	6	2					7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	2	3	1	7	9	4	8	6
4	1	9	6	8	2	3	7	5
8	6	7	3	5	4	2	1	9
3	7	4	5	9	8	6	2	1
6	9	5	2	1	3	8	4	7
2	8	1	7	4	6	5	9	3
9	4	6	8	3	7	1	5	2
7	5	2	4	6	1	9	3	8
1	3	8	9	2	5	7	6	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Recipe of the day

Beef Waldorf

INGREDIENTS:

10 oz (300 g) beef tenderloin, trimmed of fat, cut into 2 fillets ¾ in. (2 cm) thick
1/4 tsp (1 mL) olive oil
1 cup (250 mL) radishes, thinly sliced
3 carrots, grated
1 small yellow pepper, seeded and cut into thin rings
3 celery stalks, sliced diagonally
3 scallions, sliced diagonally
2 tbsp (25 mL) chopped walnuts
1/2 cup (125 mL) raisins
2 small apples
2 tsp (10 mL) lemon juice
2 cups (500 mL) arugula leaves or other salad greens
Salt and pepper

DRESSING:

2 tbsp (25 mL) grainy mustard
3 tbsp (45 mL) light mayonnaise
3 tbsp (45 mL) plain low-fat yogourt

METHOD:

1. Brush steaks with oil and season with pepper. Heat non-stick skillet over medium-high heat. Add steaks and cook for 3 minutes per side for medium-rare or 4 minutes per side for medium. Remove steaks from pan and let cool for at least 15 minutes.
2. For dressing: Combine mustard, mayonnaise and yogourt in a small bowl.
3. Put radishes, carrots, yellow pepper, celery, scallions, walnuts and raisins in a large bowl. Quarter and core apples, then cut into 1-in. (2.5-cm) chunks and toss in lemon juice. Add to bowl with half the dressing and turn to coat. Season lightly with salt and pepper.
4. To serve, pile arugula or other salad greens on 4 plates and spoon apple and vegetable salad alongside. Cut steak into thin slices and arrange on top. Drizzle with remaining dressing.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Heed the tidbits heard through the grapevine. A secret love will come to your attention. Promote your concepts for an ambitious project.

TAURUS
APRIL 21-MAY 21
A relationship is due to take place. Brilliant ideas will justify an emotional roller coaster. Outlandish antics can give you some relief.

GEMINI
MAY 22-JUNE 21
Travel through time to find your happiness. A sweetheart's friend will share good news. Someone will be grateful for a romantic encounter.

CANCER
JUNE 22-JULY 22
Pay the bills to get emotional security. Remain calm when suspicion causes fear. Talking gibberish isn't a good idea.

LEO
JULY 23-AUG 23
An eccentric is shrewdly successful. An admirer makes a dreadful mistake. Make a promise to agree with a loner.

VIRGO
AUG 24-SEPT 22
A companion's wrongdoing creates a fuss. A challenger goes astray before making an announcement. An elder has crucial information.

LIBRA
SEPT 23-OCT 23
A sweetheart will make the usual excuses. A secretive buddy is in awe of you. Don't laugh if a woman takes the lead at a rendezvous.

SCORPIO
OCT 24-NOV 22
Hostility decreases after chaotic events. Get down to business with a realistic budget. A necessary encounter is fated to work for the best.

SAGITTARIUS
NOV 23-DEC 21
Something is wrong with an interesting visitor. A man pays the price for an unpopular decision. Be direct with your loved ones.

CAPRICORN
DEC 22-JAN 20
Restlessness will reveal a lack of knowledge. Give the gift of time to a child. Be sure of your facts before speaking.

AQUARIUS
JAN 21-FEB 18
Ridiculous restrictions will dissolve effortlessly. Somebody's anger will not wreck the day. An absentminded playmate runs into an old flame.

PISCES
FEB 19-MARCH 20
You can expect approval from a fortune-hunter. A prankster has an unexpected decision to make. Loyalty leads to caution in the night.

This day in history

OCT. 21, 1879: Using a filament of carbonized thread, Thomas Edison tests the first practical electric incandescent light bulb (it lasted 13½ hours before burning out).
OCT. 21, 1945: Women are allowed to vote in France for the first time.
OCT. 21, 1967: Vietnam War: More than 100,000 war protesters gather in Washington, DC. A peaceful rally at the Lincoln Memorial is followed by a march to The Pentagon and clashes with soldiers (event lasts until October 23; 683 people were arrested). Similar demonstrations occurred simultaneously in Japan and Western Europe.

METRO NEWS SERVICES

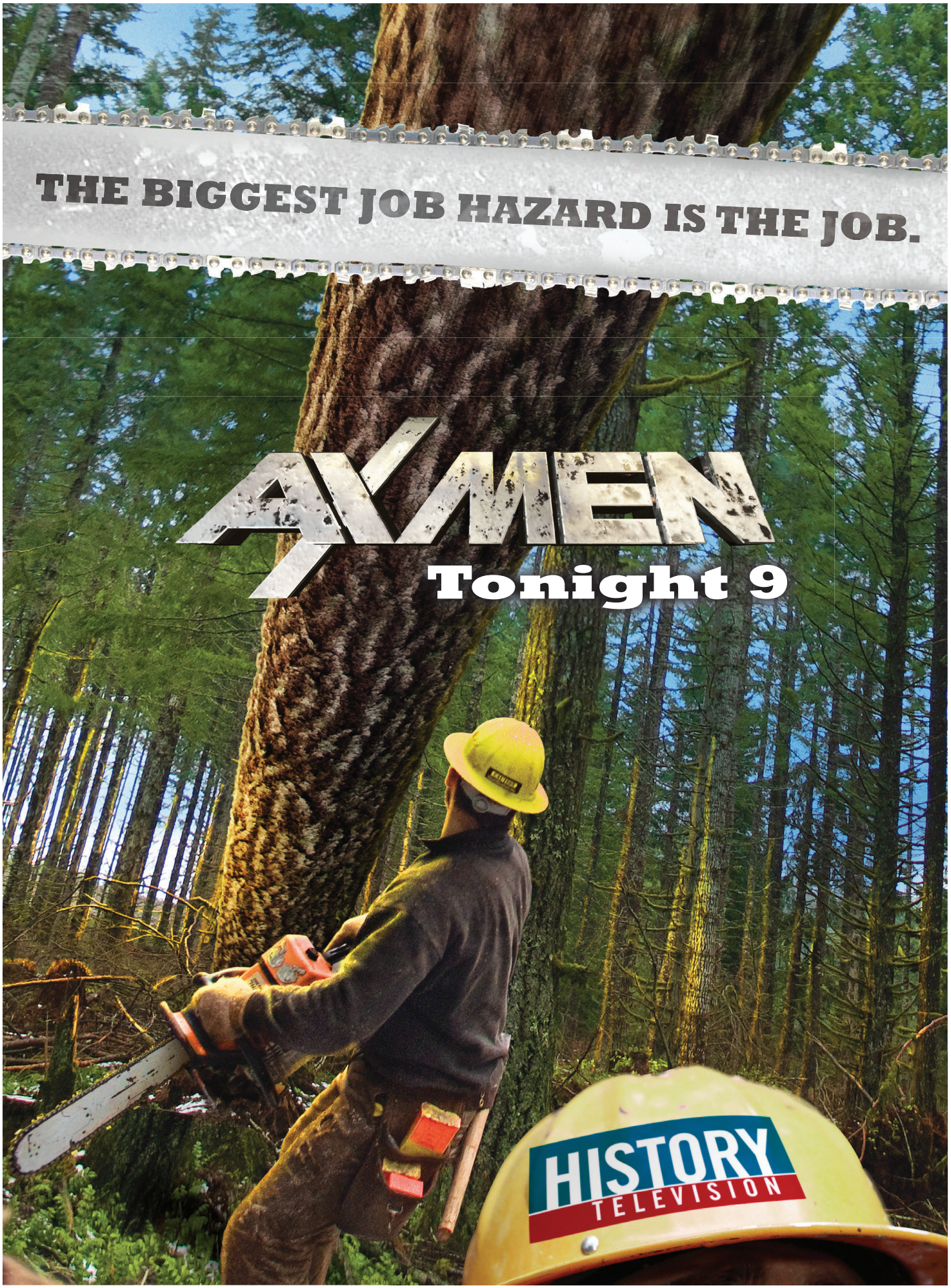
WORDY GURDY®

BY THICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Break-of-day time sketched (1)
2. 12 P.M. fainting spell (1)
3. Gloaming scent of a male (1)
4. Post-day travel by plane (1)
5. Pre-midday danger alert (2)
6. End of day concluding summary (2)
7. Darkening time ceiling window (2)

ANSWERS
1. DAWN DRAWN 2. NOON SWOON 3. DUSK MUSK 4. NIGHT FLIGHT
5. MORNING WARNING 6. SUNDOWN RUNDOWN 7. TWILIGHT SKYLIGHT


THE BIGGEST JOB HAZARD IS THE JOB.
AXMEN
Tonight 9
HISTORY
TELEVISION

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AVEO5 SAYS:
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THE PAPER SHREDDER
THAT SAYS "FAX"
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